



Ginger Tea Granita

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



146 kcal

DESSERT

Ingredients

- 0.3 cup ginger fresh grated
- 0.3 cup honey
- 0.3 cup juice of lemon
- 10 servings garnish: mint sprigs fresh
- 1.5 cups sugar
- 4 lipton family size tea bags
- 2 quarts water

Equipment

- food processor
- sauce pan
- sieve
- blender
- baking pan

Directions

- Bring first 4 ingredients to a boil in a large saucepan. Reduce heat, and simmer, stirring occasionally, 5 minutes.
- Remove from heat.
- Add tea bags; cover and steep 5 minutes.
- Remove tea bags, squeezing gently; add sugar, stirring until dissolved. Cool.
- Pour tea through a wire-mesh strainer into a 13- x 9-inch baking dish.
- Freeze 8 hours.
- Remove mixture from freezer 20 minutes before serving. Process mixture, one-fourth at a time, in a food processor or blender until smooth.
- Serve immediately, and garnish, if desired.

Nutrition Facts

PROTEIN 0.35% **FAT 0.84%** **CARBS 98.81%**

Properties

Glycemic Index:13.74, Glycemic Load:24.64, Inflammation Score:-1, Nutrition Score:0.74695652561343%

Flavonoids

Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 145.67kcal (7.28%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 37.83g (13.76%), Sugar: 37.14g (41.27%), Cholesterol: 0mg (0%), Sodium: 10.81mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin C: 3.63mg (4.4%), Copper: 0.05mg (2.27%), Manganese: 0.03mg (1.31%), Magnesium: 4.38mg (1.1%)