



Grano: Chewy Ice Cream Sundae



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon honey
- ☐ 1 pint whipped cream low-fat
- ☐ 10 ounce raspberries fresh frozen thawed
- ☐ 2 teaspoons sugar
- ☐ 1.5 cups water
- ☐ 0.5 cup grano uncooked
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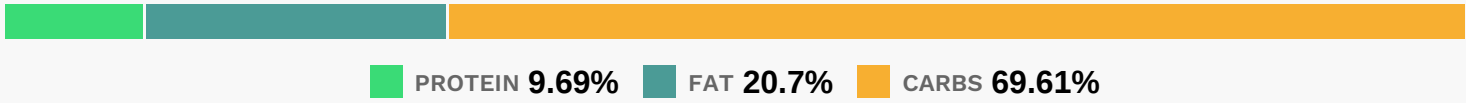
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Bring 1 1/2 cups water to a boil; add grano. Simmer, covered, 50 minutes or until tender.
- ☐ Drain and chill.
- ☐ Place the berries, sugar, and honey in a blender or food processor; process until smooth.
- ☐ Drain the mixture through a fine sieve over a bowl, if desired; discard any solids.
- ☐ Divide ice cream among 4 small bowls. Top each serving with 1/3 cup grano (you'll have a bit left over) and 1 tablespoon raspberry mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.09, Glycemic Load:15.58, Inflammation Score:-5, Nutrition Score:9.5834782978763%

Flavonoids

Cyanidin: 32.44mg, Cyanidin: 32.44mg, Cyanidin: 32.44mg, Cyanidin: 32.44mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 262.8kcal (13.14%), Fat: 6.18g (9.51%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 41.8g (15.2%), Sugar: 32.71g (36.34%), Cholesterol: 31.94mg (10.65%), Sodium: 92.77mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Vitamin C: 20mg (24.24%), Manganese: 0.48mg (24.11%), Calcium: 210.96mg (21.1%), Fiber: 4.97g (19.86%), Vitamin B2: 0.33mg (19.39%), Phosphorus: 142.47mg (14.25%), Vitamin A: 553.35IU (11.07%), Potassium: 354.02mg (10.11%), Vitamin B12: 0.56µg (9.27%), Magnesium: 33.08mg (8.27%), Vitamin B5: 0.8mg (8.03%), Zinc: 1.17mg (7.83%), Vitamin K: 6µg (5.72%), Vitamin B1: 0.09mg (5.69%), Folate: 22.02µg (5.5%), Vitamin E: 0.76mg (5.06%), Copper: 0.1mg (4.94%), Vitamin B6: 0.09mg (4.63%), Iron: 0.72mg (4.01%), Selenium: 2.53µg (3.62%), Vitamin B3: 0.59mg (2.93%)