



WHATSheATe

Grapefruit-Campari Granita with Vanilla Whipped Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 0.7 cup campari
- ☐ 0.3 cup crème fraîche sour chilled
- ☐ 2 cups grapefruit juice fresh red divided
- ☐ 1 tablespoon lime red packed finely grated ()
- ☐ 4 grapefruit red
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 4 teaspoons powdered sugar

- ☐ 6 tablespoons sugar
- ☐ 1.5 inch vanilla pod split

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Combine 1 cup grapefruit juice and sugar in medium saucepan. Stir over medium heat until sugar dissolves. Increase heat and bring to boil.
- ☐ Remove from heat; stir in remaining 1 cup grapefruit juice, Campari, and grated peel.
- ☐ Pour mixture into 11x7x2-inch glass baking dish or metal baking pan. Cover and freeze until firm, at least 8 hours or overnight. DO AHEAD: Can be made 3 days ahead. Keep frozen.
- ☐ Using sharp knife, cut off all peel and white pith from 4 grapefruits. Working over bowl to catch juices and using small sharp knife, cut between membranes to release segments into bowl. Squeeze any remaining juice from membranes into bowl. DO AHEAD: Can be made 4 hours ahead. Cover; chill.
- ☐ Combine whipping cream, crème fraîche, and powdered sugar in medium bowl. Scrape in seeds from vanilla bean; reserve bean. Using electric mixer, beat mixture until soft peaks form.
- ☐ Add reserved vanilla bean to cream mixture; cover and chill at least 2 hours. DO AHEAD: Can be made 4 hours ahead. Keep chilled.
- ☐ Remove vanilla bean and rewhisk cream mixture until thick before using.
- ☐ Using fork, scrape surface of granita to form icy flakes. Divide grapefruit segments and juices from bowl among 6 dessert glasses. Divide granita among glasses. Top each with large dollop of vanilla whipped cream and serve immediately.
- ☐ Bon Appétit

Nutrition Facts



PROTEIN 3.52% **FAT 41.66%** **CARBS 54.82%**

Properties

Glycemic Index:23.85, Glycemic Load:16.41, Inflammation Score:-9, Nutrition Score:10.845652238182%

Flavonoids

Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 385.07kcal (19.25%), Fat: 16.63g (25.59%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 49.24g (16.41%), Net Carbohydrates: 46.33g (16.85%), Sugar: 35.22g (39.13%), Cholesterol: 50.48mg (16.83%), Sodium: 15.46mg (0.67%), Alcohol: 5.95g (100%), Alcohol %: 2.22% (100%), Protein: 3.16g (6.32%), Vitamin C: 76.02mg (92.15%), Vitamin A: 2611.48IU (52.23%), Potassium: 409.37mg (11.7%), Fiber: 2.92g (11.66%), Vitamin B2: 0.15mg (8.64%), Calcium: 81.17mg (8.12%), Phosphorus: 69.78mg (6.98%), Magnesium: 27.11mg (6.78%), Vitamin B5: 0.66mg (6.62%), Folate: 26.05µg (6.51%), Vitamin B1: 0.08mg (5.59%), Vitamin B6: 0.11mg (5.5%), Vitamin D: 0.63µg (4.23%), Vitamin E: 0.63mg (4.17%), Copper: 0.06mg (3.13%), Vitamin B3: 0.62mg (3.11%), Iron: 0.51mg (2.85%), Selenium: 1.8µg (2.57%), Zinc: 0.33mg (2.19%), Manganese: 0.04mg (1.98%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.41µg (1.35%)