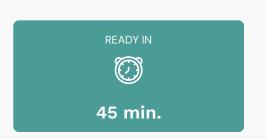
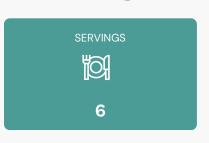


Grapefruit-Campari Granita with Vanilla Whipped Cream







DESSERT

Ingredients

	0.7 cup campari
	0.3 cup crème fraîche sour chilled
	2 cups pink grapefruit juice fresh red divided
	1 tablespoon pink grapefruit peel red packed finely grated ()
	4 pink grapefruits red
	1 cup heavy whipping cream chilled
П	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 sharpknife, 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 least2 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

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, Luteolin: 1.02mg, Luteolin: 1.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 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%)