

Grapefruit Star Anise Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



4

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 2.5 cups pink grapefruit juice fresh red
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water
- ☐ 2 star anise whole

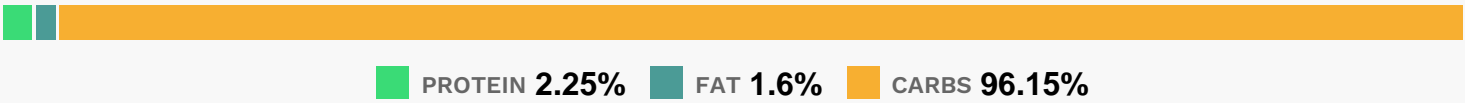
Equipment

- ☐ frying pan

Directions

- ☐
- Bring water, sugar, and star anise to a boil, stirring until sugar is dissolved. Discard star anise and cool syrup. Stir syrup into juice.
- ☐
- Freeze in a shallow metal pan, stirring occasionally (about every 40 minutes) with a fork, until liquid is frozen and granular, about 6 hours. Just before serving, scrape with a fork, breaking up lumps.
- ☐
- Granita can be made 1 week ahead and kept frozen, covered.

Nutrition Facts



Properties

Glycemic Index:30.77, Glycemic Load:25.25, Inflammation Score:-2, Nutrition Score:3.2982609310876%

Nutrients (% of daily need)

Calories: 165.79kcal (8.29%), Fat: 0.31g (0.47%), Saturated Fat: 0g (0.02%), Carbohydrates: 41.52g (13.84%), Net Carbohydrates: 41.3g (15.02%), Sugar: 41.17g (45.75%), Cholesterol: 0mg (0%), Sodium: 4.27mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Vitamin C: 39.78mg (48.22%), Potassium: 246.65mg (7.05%), Iron: 0.79mg (4.37%), Magnesium: 15.8mg (3.95%), Vitamin B3: 0.46mg (2.29%), Phosphorus: 18.42mg (1.84%), Calcium: 15.87mg (1.59%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.18mg (1.19%)