



Green Tea and Honeydew Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



180 min.

SERVINGS



6

CALORIES



168 kcal

DESSERT

Ingredients

- 5 tea bags green
- 4 cups wedges honeydew melon cubed
- 2 tablespoons juice of lemon fresh
- 6 tablespoons melon-flavored liqueur (such as Midori)
- 0.7 cup sugar

Equipment

- food processor
- frying pan

- sauce pan
- baking pan

Directions

- Boil 3/4 cup water in small saucepan.
- Remove from heat.
- Add 4 green tea bags. Rip open an additional tea bag, and add tea leaves to water.
- Let stand 6 minutes.
- Remove bags from the pan, squeezing any liquid into pan; discard bags. Return pan to medium-high heat.
- Add 2/3 cup sugar; stir until sugar dissolves.
- Remove from heat, and cool (about 15 to 20 minutes).
- Combine tea mixture, 4 cups cubed honeydew melon, 6 tablespoons melon-flavored liqueur (such as Midori), and 2 tablespoons fresh lemon juice in a food processor; process until smooth.
- Pour into 11- x 7-inch baking dish. Freeze 30 minutes or until edges are frozen and center is slushy. Stir granita with a fork, scraping frozen edges into the center; freeze 20 more minutes. Repeat this step every 20 minutes until completely frozen into light, icy crystals (about 2-2 1/2 hours).
- Scrape into 6 glasses to serve.

Nutrition Facts

 **PROTEIN 2.23%**  **FAT 1.37%**  **CARBS 96.4%**

Properties

Glycemic Index:11.68, Glycemic Load:15.51, Inflammation Score:-2, Nutrition Score:3.1717391383389%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
 Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.24mg,
 Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin:
 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg
 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 167.51kcal (8.38%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 37.36g (13.59%), Sugar: 36.96g (41.07%), Cholesterol: 0mg (0%), Sodium: 20.67mg (0.9%), Alcohol: 2.51g (100%), Alcohol %: 2% (100%), Protein: 0.88g (1.77%), Vitamin C: 22.33mg (27.07%), Potassium: 263.99mg (7.54%), Folate: 22.53µg (5.63%), Vitamin B6: 0.1mg (5.1%), Fiber: 0.92g (3.69%), Vitamin K: 3.29µg (3.13%), Vitamin B1: 0.04mg (2.95%), Magnesium: 11.63mg (2.91%), Vitamin B3: 0.48mg (2.39%), Vitamin B5: 0.18mg (1.82%), Manganese: 0.03mg (1.6%), Copper: 0.03mg (1.48%), Selenium: 0.93µg (1.33%), Phosphorus: 12.87mg (1.29%), Iron: 0.21mg (1.15%), Vitamin A: 56.97IU (1.14%), Vitamin B2: 0.02mg (1.09%)