



Green Tea Granita



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

DESSERT

Ingredients

- ☐ 2 inch ginger fresh peeled quartered
- ☐ 0.5 cup honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 regular-sized tea bags green
- ☐ 3 cups water boiling

Equipment

- ☐ bowl
- ☐ sieve

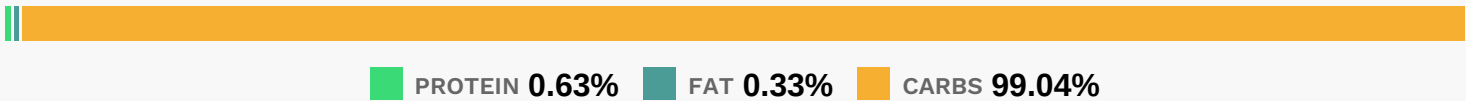
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baking pan

Directions

- ☐ Pour boiling water over tea bags and ginger in a medium bowl. Cover and let stand 5 minutes.
- ☐ Add honey and lemon juice; stir to combine. Strain tea mixture through a sieve into a bowl; discard solids. Cool completely.
- ☐ Pour mixture into an 8-inch square baking dish. Cover and freeze 8 hours or until firm.
- ☐ Remove tea mixture from freezer; scrape entire mixture with a fork until fluffy.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:12.19, Inflammation Score:-1, Nutrition Score:0.64217391099943%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 89.4kcal (4.47%), Fat: 0.04g (0.05%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 24.08g (8.76%), Sugar: 23.42g (26.02%), Cholesterol: 0mg (0%), Sodium: 7.42mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin C: 3.16mg (3.83%), Copper: 0.04mg (1.78%), Manganese: 0.03mg (1.44%)