

# Honeydew Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



302 kcal

DESSERT

## Ingredients

- ☐ 5 lb wedges honeydew melon ripe
- ☐ 2 tablespoons juice of lime
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar

## Equipment

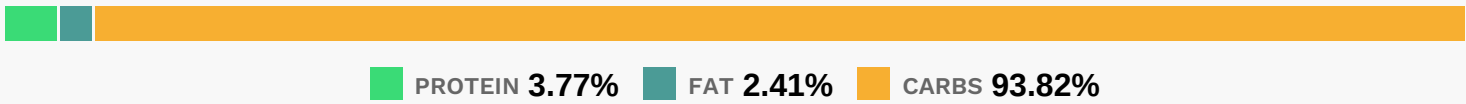
- ☐ food processor
- ☐ bowl
- ☐ frying pan

☐ baking pan

## Directions

- ☐ Place sugar in a small pan with 3 Tbsp. water and lime juice and stir over medium heat until sugar has dissolved, about 3 minutes.
- ☐ Remove from heat.
- ☐ Cut honeydew in half, remove seeds, peel and chop fruit.
- ☐ Transfer to a food processor, add reserved sugar mixture and salt. Process until slushy.
- ☐ Transfer mixture to a 9-inch square metal baking pan and freeze for 1 hour. Stir with a fork to break up chunks around edges. Freeze until completely frozen, about 2 hours longer, stirring with a fork every 30 minutes to loosen ice crystals.
- ☐ Serve in chilled glasses or bowls.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:14.059130456137%

## Flavonoids

Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg  
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.16mg,  
Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin:  
0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg  
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 302.24kcal (15.11%), Fat: 0.88g (1.35%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 77.07g (25.69%), Net  
Carbohydrates: 72.5g (26.37%), Sugar: 71.12g (79.02%), Cholesterol: 0mg (0%), Sodium: 112.15mg (4.88%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin C: 104.31mg (126.43%), Potassium: 1302.02mg  
(37.2%), Folate: 108.48µg (27.12%), Vitamin B6: 0.5mg (25.09%), Fiber: 4.57g (18.26%), Vitamin K: 16.49µg (15.7%),  
Vitamin B1: 0.22mg (14.49%), Magnesium: 57.3mg (14.32%), Vitamin B3: 2.38mg (11.9%), Vitamin B5: 0.89mg  
(8.88%), Manganese: 0.16mg (7.77%), Copper: 0.14mg (6.99%), Phosphorus: 63.42mg (6.34%), Selenium: 4.13µg  
(5.89%), Vitamin A: 287.25IU (5.74%), Iron: 0.98mg (5.46%), Vitamin B2: 0.07mg (4.35%), Calcium: 35.33mg  
(3.53%), Zinc: 0.52mg (3.46%)