



Honeydew-Jalapeño Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

DESSERT

Ingredients



4 cups wedges honeydew melon cubed ()



2 tablespoons jalapeno chopped



2 tablespoons juice of lime fresh



0.1 teaspoon salt



1.3 cups sugar



1 cup water

Equipment



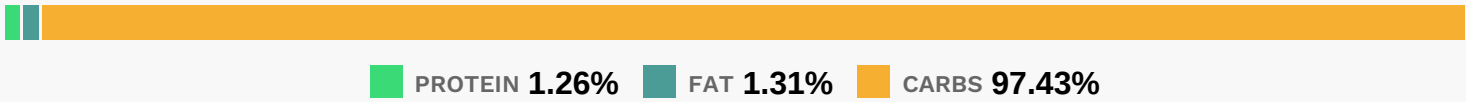
food processor

- ☐ sauce pan
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine first 3 ingredients in a saucepan; bring to a boil over medium-high heat. Cook for 2 minutes, stirring frequently.
- ☐ Remove from heat, and cool to room temperature.
- ☐ Place sugar mixture in a blender or food processor.
- ☐ Add melon, juice, and salt. Process until smooth.
- ☐ Pour melon mixture into a 13 x 9inch baking dish. Cover and freeze 8 hours or until firm. Scrape entire mixture with a fork until fluffy. Store in an airtight container in freezer.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:29.15, Inflammation Score:-2, Nutrition Score:3.8313043143438%

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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg
Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg
Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg
Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg
Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 203.92kcal (10.2%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 51.48g (18.72%), Sugar: 51.08g (56.75%), Cholesterol: 0mg (0%), Sodium: 71.49mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 27.83mg (33.73%), Potassium: 277.49mg (7.93%), Vitamin B6: 0.12mg (6.13%), Folate: 23.38µg (5.85%), Fiber: 1.07g (4.27%), Vitamin K: 4.24µg (4.04%), Magnesium: 12.88mg (3.22%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.54mg (2.72%), Vitamin A: 113.07IU (2.26%), Copper: 0.04mg (2.01%), Vitamin B5: 0.2mg (1.98%), Manganese: 0.04mg (1.91%), Selenium: 1.07µg (1.53%), Vitamin B2: 0.03mg (1.52%), Phosphorus: 14.47mg (1.45%), Vitamin E: 0.21mg (1.42%), Iron: 0.23mg (1.28%)