



Honeydew Rose Water Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



550 min.

SERVINGS



8

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 0.5 large wedges honeydew melon peeled seeded cut into chunks
- ☐ 1 tablespoon rosewater
- ☐ 0.3 cup sugar

Equipment

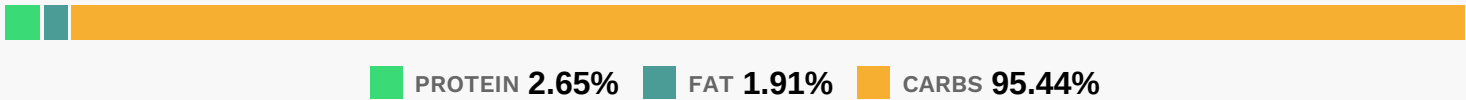
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap

☐ baking pan

Directions

- ☐ Combine sugar and 2/3 cup water in a small saucepan. Bring to a boil over high heat, then let cool.
- ☐ Whirl honeydew, syrup, and rose water in a blender until smooth.
- ☐ Pour pure into an 8-in. square baking pan. Cover with plastic wrap and freeze until mixture starts to freeze at edges but is still slushy, 2 to 3 hours. Stir mixture thoroughly, scraping sides down. Cover and freeze until solid, at least 7 hours.
- ☐ Scrape granita with a fork to make large flakes and spoon into chilled glasses or bowls.
- ☐ *Find with cocktail or baking supplies.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:2.1247826289871%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 60.88kcal (3.04%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.93g (5.43%), Sugar: 14.81g (16.46%), Cholesterol: 0mg (0%), Sodium: 14.48mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 14.4mg (17.45%), Potassium: 182.57mg (5.22%), Folate: 15.2µg (3.8%), Vitamin B6: 0.07mg (3.52%), Fiber: 0.64g (2.56%), Vitamin K: 2.32µg (2.21%), Vitamin B1: 0.03mg (2.03%), Magnesium: 8mg (2%), Vitamin B3: 0.33mg (1.67%), Vitamin B5: 0.12mg (1.24%), Manganese: 0.02mg (1.1%)