



Icy Lemon-Mint Parfaits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons mint leaves fresh finely chopped
- ☐ 0.8 cup heavy whipping cream chilled
- ☐ 0.8 cup juice of lemon fresh
- ☐ 2 cups mint leaves plus 6 leaves fresh loosely packed for garnish
- ☐ 1 pint strawberries fresh hulled thinly sliced
- ☐ 1.5 tablespoons sugar
- ☐ 1.3 cups water

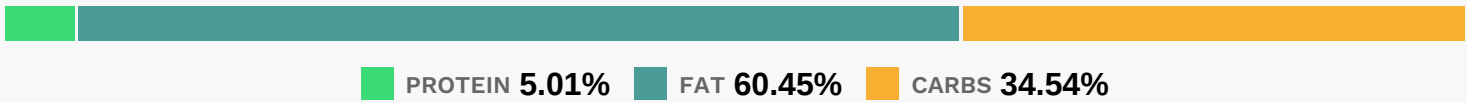
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Combine 2 cups mint leaves, 1 1/4 cups water, and sugar in medium saucepan. Stir over medium heat until sugar dissolves. Reduce heat to very low; cook 5 minutes without simmering.
- ☐ Pour through fine strainer into 8x8x2-inch glass baking dish. Cool to room temperature; mix in lemon juice. Cover and freeze until firm, stirring occasionally, at least 6 hours or overnight.
- ☐ Using electric mixer, beat cream, sugar, and mint in medium bowl until peaks form. (Can be made 4 hours ahead. Cover and chill. Rewhisk to thicken before using.)
- ☐ Using fork, scrape granité to form crystals.
- ☐ Place 4 berry slices in each of 6 glasses. Top with 1 generous tablespoon minted cream, then 4 berry slices. Spoon 1/4 cup granité over. Repeat layering with berry slices, minted cream, and granité.
- ☐ Garnish each with berry slice and mint leaf.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:9.6439129710197%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.33mg

Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg, Epicatechin 3–gallate: 0.12mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 156.02kcal (7.8%), Fat: 11.21g (17.25%), Saturated Fat: 6.91g (43.17%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 11.44g (4.16%), Sugar: 8.49g (9.43%), Cholesterol: 33.62mg (11.21%), Sodium: 16.66mg (0.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin C: 63.52mg (76.99%), Manganese: 0.5mg (24.98%), Vitamin A: 1138.92IU (22.78%), Fiber: 2.97g (11.88%), Folate: 44.74µg (11.19%), Potassium: 272.86mg (7.8%), Calcium: 75.08mg (7.51%), Vitamin B2: 0.12mg (7.16%), Magnesium: 27.66mg (6.91%), Iron: 1.2mg (6.69%), Copper: 0.11mg (5.38%), Phosphorus: 50.48mg (5.05%), Vitamin B6: 0.08mg (4.12%), Vitamin E: 0.55mg (3.65%), Vitamin D: 0.48µg (3.17%), Vitamin B3: 0.63mg (3.14%), Vitamin B1: 0.05mg (3.03%), Vitamin B5: 0.27mg (2.69%), Vitamin K: 2.69µg (2.56%), Zinc: 0.38mg (2.55%), Selenium: 1.26µg (1.79%)