



Lavender-Pineapple Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons lavender fresh chopped
- ☐ 0.8 cup pineapple juice
- ☐ 0.3 cup sugar
- ☐ 1 cup water

Equipment

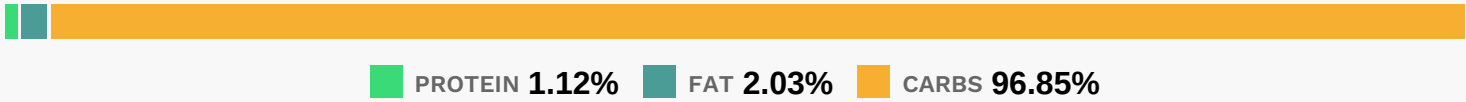
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

☐ baking pan

Directions

- ☐ Combine the first 4 ingredients in a medium saucepan. Bring to a boil, stirring occasionally; remove from heat.
- ☐ Let stand 30 minutes.
- ☐ Strain the lavender mixture through a fine sieve over a bowl, discarding the solids.
- ☐ Pour mixture into a 13 x 9-inch baking dish. Cover and freeze for 8 hours or until firm.
- ☐ Remove the lavender mixture from freezer, and scrape entire mixture with a fork until fluffy.
- ☐ Garnish with lavender blooms, if desired.

Nutrition Facts



Properties

Glycemic Index:19.35, Glycemic Load:9.48, Inflammation Score:0, Nutrition Score:1.1073913169296%

Nutrients (% of daily need)

Calories: 62.09kcal (3.1%), Fat: 0.15g (0.22%), Saturated Fat: 0g (0.01%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 15.63g (5.68%), Sugar: 14.03g (15.59%), Cholesterol: 0mg (0%), Sodium: 2.67mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Manganese: 0.15mg (7.46%), Vitamin C: 3.85mg (4.67%), Calcium: 21.63mg (2.16%), Vitamin B6: 0.03mg (1.48%), Copper: 0.03mg (1.37%), Iron: 0.25mg (1.36%), Folate: 5.31µg (1.33%), Vitamin B1: 0.02mg (1.14%), Potassium: 38.57mg (1.1%)