



Lemon and Rosemary Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 16 inch rosemary fresh
- ☐ 3 tablespoons grand marnier
- ☐ 1.3 cups juice of lemon (from 5 lemons)
- ☐ 4 lemon zest
- ☐ 1 cup sugar
- ☐ 3 cups water

Equipment

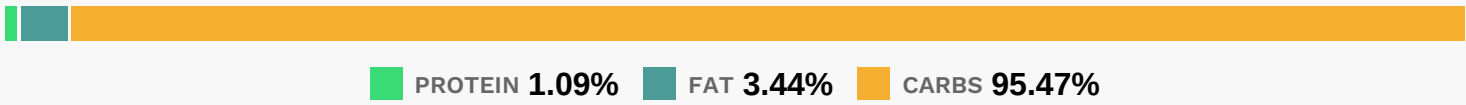
- ☐ bowl

sauce pan

Directions

- In a medium saucepan, combine the water, sugar, rosemary, and lemon zest. Bring to a simmer, stirring occasionally.
- Remove from the heat, cover, and let infuse for 10 minutes.
- In a large glass or stainless-steel bowl, combine the lemon juice and Grand Marnier. Strain the rosemary syrup into the lemon juice and stir to combine. Chill in the refrigerator or, to hasten the process, pour the lemon mixture into a stainless-steel bowl, set it in a larger bowl filled with ice, and stir until cold.
- Pour the chilled lemon mixture into two 9-by-9-inch stainless-steel pans. Freeze for 15 minutes. Stir well and return the pans to the freezer. Continue freezing, stirring every 15 minutes, until the granita is completely frozen, about 1 hour in all. When ready to serve, scoop the granita into chilled bowls or stemmed glasses.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:34.91, Inflammation Score:-8, Nutrition Score:4.9295652949292%

Flavonoids

Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg Hesperetin: 11.03mg, Hesperetin: 11.03mg, Hesperetin: 11.03mg, Hesperetin: 11.03mg Naringenin: 3.58mg, Naringenin: 3.58mg, Naringenin: 3.58mg, Naringenin: 3.58mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 260.05kcal (13%), Fat: 0.99g (1.52%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 61.75g (20.58%), Net Carbohydrates: 59.45g (21.62%), Sugar: 55.69g (61.88%), Cholesterol: 0mg (0%), Sodium: 14.04mg (0.61%), Alcohol: 2.92g (100%), Alcohol %: 1.12% (100%), Protein: 0.7g (1.41%), Vitamin C: 39.46mg (47.83%), Fiber: 2.3g (9.19%), Folate: 27.1µg (6.78%), Vitamin A: 304.65IU (6.09%), Manganese: 0.11mg (5.53%), Calcium: 50.76mg (5.08%), Potassium: 160.38mg (4.58%), Iron: 0.82mg (4.54%), Copper: 0.08mg (4.23%), Magnesium: 16.83mg (4.21%), Vitamin B6: 0.08mg (3.98%), Vitamin B2: 0.04mg (2.5%), Vitamin B5: 0.2mg (2.01%), Vitamin B1: 0.03mg (1.73%), Phosphorus: 14.2mg (1.42%), Zinc: 0.17mg (1.16%), Vitamin B3: 0.2mg (1.01%)