



Lemon Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

DESSERT

Ingredients

- 0.8 cup juice of lemon fresh (8 lemons)
- 6 strips lemon rind (2 x 1/2-inch)
- 0.3 cup orange juice fresh (1 orange)
- 2 strips orange rind (1/2-inch)
- 0.5 cup sugar
- 1 cup water

Equipment

- bowl

sauce pan

baking pan

Directions

- Combine 1 cup water and sugar in a small saucepan. Bring to a boil over medium-high heat; reduce heat, and simmer 3 minutes, stirring until sugar dissolves.
- Remove from heat; stir in lemon and orange rind strips.
- Transfer rind mixture to a bowl; cool 10 minutes. Cover and refrigerate 30 minutes or until thoroughly chilled.
- Remove and discard lemon and orange rind strips. Stir in juices.
- Pour into an 8-inch square glass or ceramic baking dish. Freeze until partially frozen (about 1 hour). Scrape with a fork, crushing any lumps. Freeze, scraping with a fork every 45 minutes, 3 hours or until completely frozen. Spoon mixture into chilled glasses or bowls.

Nutrition Facts

PROTEIN **0.97%** FAT **1.65%** CARBS **97.38%**

Properties

Glycemic Index:20.35, Glycemic Load:12.18, Inflammation Score:-1, Nutrition Score:1.5786956546261%

Flavonoids

Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 5.65mg, Hesperetin: 5.65mg, Hesperetin: 5.65mg, Hesperetin: 5.65mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 76.32kcal (3.82%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 19.77g (7.19%), Sugar: 18.31g (20.35%), Cholesterol: 0mg (0%), Sodium: 2.62mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 18.71mg (22.68%), Folate: 9.43µg (2.36%), Potassium: 54.72mg (1.56%), Vitamin B1: 0.02mg (1.17%), Vitamin B6: 0.02mg (1.02%), Fiber: 0.25g (1.01%)