



WHATSheATE



# Lemon Ice Cream and Raspberry Granita Sundaes



Gluten Free



Dairy Free



Low Fod Map

READY IN



515 min.

SERVINGS



2

CALORIES



345 kcal

DESSERT

## Ingredients



1.5 cups whipped cream



3 cups raspberries unsweetened frozen thawed



2 tablespoons sugar

## Equipment



bowl



frying pan



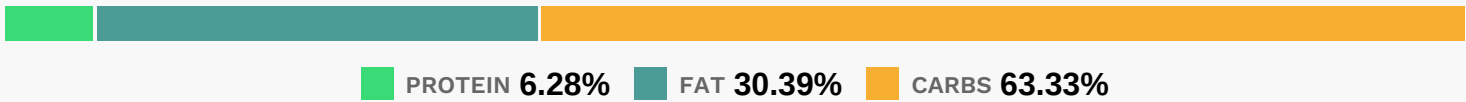
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- ☐ glass baking pan
- ☐ baking spatula

## Directions

- ☐ Puree raspberries in processor until almost smooth.
- ☐ Transfer to fine-mesh strainer set over medium bowl. Using silicone spatula, press on solids to extract puree. Discard seeds in strainer.
- ☐ Transfer 1/3 cup puree to small bowl; add 2 tablespoons sugar and stir until sugar dissolves. Cover; chill for sauce.
- ☐ Bring 3/4 cup water and 1/2 cup sugar to boil in pan, stirring until sugar dissolves. Cool syrup. Stir syrup into remaining puree in medium bowl for granita.
- ☐ Transfer to 8x8x2-inch glass baking dish. Freeze until mixture begins to set, stirring every 45 minutes to break up large pieces, 2 to 3 hours. Cover; freeze until firm, about 6 hours. DO AHEAD: Sauce and granita can be made 1 day ahead. Keep sauce chilled and granita frozen.
- ☐ Using fork, scrape surface of granita to form crystals.
- ☐ Place scoop of lemon ice cream in each of 2 dessert glasses. Top each with scoop of granita; drizzle with raspberry sauce. Top with scoop of ice cream, then scoop of granita; drizzle with sauce.

## Nutrition Facts



## Properties

Glycemic Index:78.55, Glycemic Load:24.73, Inflammation Score:-7, Nutrition Score:15.689565228379%

## Flavonoids

Cyanidin: 82.39mg, Cyanidin: 82.39mg, Cyanidin: 82.39mg, Cyanidin: 82.39mg Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg, Catechin: 2.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg, Epicatechin: 6.34mg Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg

0.97mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 344.73kcal (17.24%), Fat: 12.1g (18.61%), Saturated Fat: 6.76g (42.23%), Carbohydrates: 56.74g (18.91%), Net Carbohydrates: 44.34g (16.12%), Sugar: 40.92g (45.47%), Cholesterol: 43.56mg (14.52%), Sodium: 81.12mg (3.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Manganese: 1.21mg (60.72%), Vitamin C: 47.75mg (57.88%), Fiber: 12.39g (49.57%), Vitamin B2: 0.31mg (18.13%), Calcium: 171.84mg (17.18%), Phosphorus: 156.15mg (15.61%), Vitamin K: 14.34µg (13.65%), Potassium: 469.05mg (13.4%), Magnesium: 53.46mg (13.36%), Vitamin E: 1.86mg (12.42%), Vitamin B5: 1.17mg (11.67%), Folate: 42.75µg (10.69%), Zinc: 1.44mg (9.6%), Vitamin A: 476.19IU (9.52%), Copper: 0.19mg (9.28%), Iron: 1.34mg (7.43%), Vitamin B6: 0.15mg (7.33%), Vitamin B1: 0.1mg (6.55%), Vitamin B12: 0.39µg (6.43%), Vitamin B3: 1.19mg (5.96%), Selenium: 2.21µg (3.16%), Vitamin D: 0.2µg (1.32%)