



Lemon & lime crush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients



6 optional: lemon



6 lime



1 large stick lemon grass



4 kaffir lime leaves



250 g sugar

Equipment

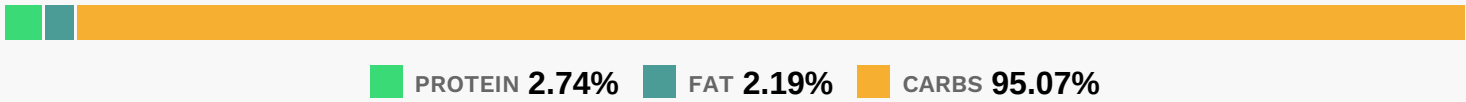


bowl

Directions

- ☐ Zest 2 of the lemons and 2 of the limes. Juice all the fruits and keep the empty shells to serve the granita. Tip the juice, zest, lemongrass, lime leaf (if using), and sugar into a bowl.
- ☐ Pour over 500ml boiling water. Stir everything together until the sugar has dissolved, then leave to cool and infuse. Strain the lemon syrup into a tray and freeze as stated.
- ☐ Place the lemon and lime halves in the freezer and fill with granita to serve.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:48.8, Inflammation Score:-7, Nutrition Score:10.046521728453%

Flavonoids

Eriodictyol: 34.6mg, Eriodictyol: 34.6mg, Eriodictyol: 34.6mg, Eriodictyol: 34.6mg Hesperetin: 88.41mg, Hesperetin: 88.41mg, Hesperetin: 88.41mg, Hesperetin: 88.41mg Naringenin: 4.31mg, Naringenin: 4.31mg, Naringenin: 4.31mg, Naringenin: 4.31mg Luteolin: 3.08mg, Luteolin: 3.08mg, Luteolin: 3.08mg, Luteolin: 3.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 321.81kcal (16.09%), Fat: 0.91g (1.4%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 88.91g (29.64%), Net Carbohydrates: 81.56g (29.66%), Sugar: 68.12g (75.69%), Cholesterol: 0mg (0%), Sodium: 6.1mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin C: 115.2mg (139.64%), Fiber: 7.35g (29.4%), Manganese: 0.25mg (12.75%), Iron: 1.91mg (10.63%), Potassium: 354.43mg (10.13%), Vitamin B6: 0.18mg (8.79%), Calcium: 78.35mg (7.83%), Folate: 28.67µg (7.17%), Copper: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.49%), Magnesium: 21.24mg (5.31%), Vitamin B5: 0.53mg (5.28%), Phosphorus: 47.8mg (4.78%), Vitamin B2: 0.07mg (4.08%), Vitamin E: 0.46mg (3.09%), Selenium: 1.45µg (2.07%), Vitamin B3: 0.4mg (2.02%), Zinc: 0.3mg (1.98%), Vitamin A: 86.11IU (1.72%)