



Lemon Ricotta Granita



Vegetarian



Gluten Free

READY IN



325 min.

SERVINGS



6

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 0.7 cup strained lemon juice fresh
- ☐ 1 lemon zest for zesting
- ☐ 1 pinch salt
- ☐ 0.8 cup milk ricotta cheese whole
- ☐ 0.8 cup sugar
- ☐ 1 cup water

Equipment

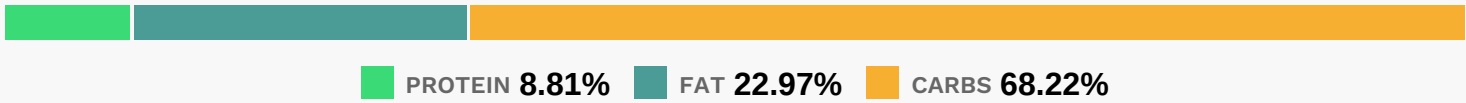
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Stir the water and 3/4 cup of sugar in a medium saucepan over high heat just until the sugar dissolves.
- ☐ Whisk in the lemon juice.
- ☐ Pour the lemon mixture into an 8-inch square glass dish. Cover and freeze, stirring occasionally, until the liquid just becomes slushy, about 2 hours. Using a fork, scrape the granita every 30 minutes until it is completely made up of ice crystals. (The granita can be prepared up to 2 days ahead. Cover and keep frozen, and scrape every so often so that the crystals stay loose.)
- ☐ Whisk the ricotta, remaining sugar, and pinch of salt in a medium bowl to blend. Spoon the granita into dessert bowls. Top with a dollop of the ricotta. Zest the lemon peel over the desserts and serve.

Nutrition Facts



Properties

Glycemic Index:16.18, Glycemic Load:17.71, Inflammation Score:-2, Nutrition Score:2.4934782346954%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 156.62kcal (7.83%), Fat: 4.17g (6.42%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 27.69g (10.07%), Sugar: 25.76g (28.62%), Cholesterol: 15.81mg (5.27%), Sodium: 35.05mg (1.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin C: 11.78mg (14.28%), Calcium: 68.57mg (6.86%), Selenium: 4.68µg (6.68%), Phosphorus: 51.27mg (5.13%), Vitamin B2: 0.07mg (4.12%), Vitamin A: 140.08IU (2.8%), Zinc: 0.38mg (2.55%), Folate: 9.27µg (2.32%), Potassium: 62.58mg (1.79%), Vitamin B12: 0.11µg (1.76%), Magnesium: 5.58mg (1.4%), Vitamin B6: 0.03mg (1.38%), Vitamin B5: 0.1mg (1.05%)