



Lime Granita with Candied Mint Leaves and Crème Fraîche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 0.5 cup crème fraîche sour
- ☐ 1 large egg white beaten
- ☐ 0.5 cup juice of lime fresh
- ☐ 6 servings candied mint leaves
- ☐ 12 mint leaves fresh dry washed
- ☐ 1.5 tablespoons powdered sugar
- ☐ 0.3 cup sugar

☐ 2 cups water

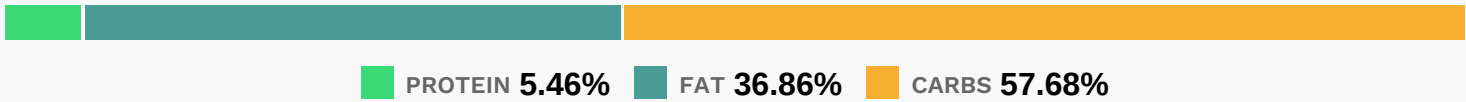
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ glass baking pan

Directions

- ☐ Bring 2 cups water and 1 cup sugar to boil in medium saucepan, stirring until sugar dissolves. Reduce heat to medium and simmer 5 minutes. Cool syrup. Stir in lime juice.
- ☐ Transfer lime syrup to 11 x 7 x 2-inch glass baking dish. Cover and place in freezer. Stir every 45 minutes until frozen, about 3 hours. DO AHEAD Granita can be made 2 days ahead. Cover and keep frozen.
- ☐ Place sugar on small shallow plate.
- ☐ Brush both sides of 1 mint leaf lightly with egg white; dredge in sugar.
- ☐ Transfer mint leaf to rack. Repeat with remaining mint leaves.
- ☐ Let mint stand at room temperature until dry, about 3 hours. DO AHEAD Can be made 1 day ahead. Store in airtight container at room temperature.
- ☐ Mix crème fraîche and sugar. DO AHEAD Can be made 1 day ahead. Cover and chill.
- ☐ Using fork, scrape granita to loosen. Spoon granita into bowls or lime halves; drizzle with crème fraîche, garnish with candied mint leaves, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:5.82, Inflammation Score:-2, Nutrition Score:1.903043454108%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg,

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 87.82kcal (4.39%), Fat: 3.8g (5.84%), Saturated Fat: 1.94g (12.16%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 13.05g (4.74%), Sugar: 11.31g (12.56%), Cholesterol: 11.31mg (3.77%), Sodium: 20.47mg (0.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin C: 7.18mg (8.7%), Vitamin A: 256.93IU (5.14%), Vitamin B2: 0.07mg (4.08%), Calcium: 32.33mg (3.23%), Selenium: 1.89µg (2.7%), Potassium: 73.79mg (2.11%), Manganese: 0.04mg (2.1%), Phosphorus: 20.41mg (2.04%), Magnesium: 7.32mg (1.83%), Folate: 6.81µg (1.7%), Copper: 0.03mg (1.67%), Fiber: 0.32g (1.28%), Vitamin B5: 0.11mg (1.1%), Iron: 0.19mg (1.08%)