

Mimosa Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 cups orange juice fresh (10 oranges)
- ☐ 2 cups sparkling wine
- ☐ 1 cup sugar
- ☐ 1 cup water

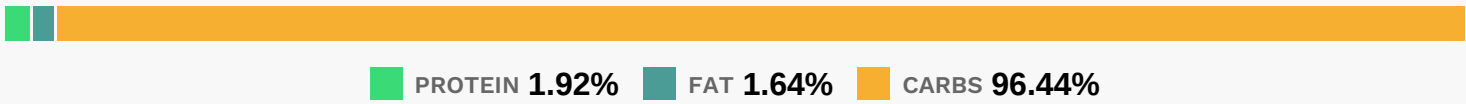
Equipment

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Combine sugar and water in a large saucepan, and bring to a boil, stirring until the sugar dissolves.
- ☐ Remove from heat, and cool completely.
- ☐ Add orange juice, Champagne, and lime juice; pour into an 11 x 7-inch baking dish. Cover and freeze for 8 hours or until firm.
- ☐ Remove mixture from freezer; let stand 10 minutes. Scrape the entire mixture with a fork until fluffy, and garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:11.19, Inflammation Score:-3, Nutrition Score:2.3226087153282%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 5.72mg, Hesperetin: 5.72mg, Hesperetin: 5.72mg, Hesperetin: 5.72mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 83.97kcal (4.2%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 17.69g (6.43%), Sugar: 16.75g (18.61%), Cholesterol: 0mg (0%), Sodium: 3.43mg (0.15%), Alcohol: 1.89g (100%), Alcohol %: 2.28% (100%), Protein: 0.35g (0.71%), Vitamin C: 23.81mg (28.86%), Folate: 14.43µg (3.61%), Potassium: 121.4mg (3.47%), Vitamin B1: 0.04mg (2.82%), Magnesium: 8.36mg (2.09%), Vitamin A: 93.94IU (1.88%), Copper: 0.03mg (1.37%), Phosphorus: 12.59mg (1.26%), Vitamin B6: 0.03mg (1.26%), Iron: 0.22mg (1.22%), Vitamin B2: 0.02mg (1.15%), Vitamin B3: 0.22mg (1.09%)