



Mint Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

DESSERT

Ingredients



1 cup mint leaves fresh chopped



2 tablespoons juice of lemon fresh



4 servings garnish: mint leaves fresh



0.5 cup sugar



2 cups water

Equipment



bowl



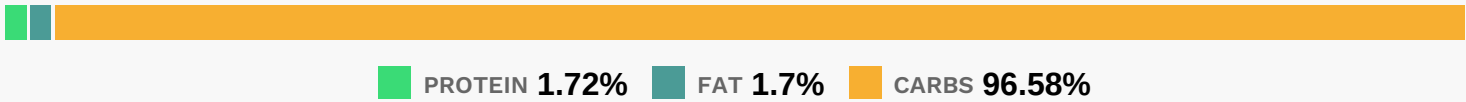
sauce pan

☐ sieve

Directions

- ☐ Bring water, mint, and sugar to a boil in a 1- to 2-quart saucepan, stirring until sugar is dissolved, then reduce heat and simmer, uncovered, 3 minutes.
- ☐ Add lemon juice and pour through a fine-mesh sieve, pressing hard on solids and discarding them, then cool.
- ☐ Freeze mixture in a 1 1/2- to 2-quart shallow nonreactive metal container, stirring and crushing lumps with a fork every 30 minutes, until evenly frozen, 2 to 3 hours. Scrape with a fork to lighten texture, crushing any lumps. Spoon into glasses or bowls.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:2.4730434774057%

Flavonoids

Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 106.47kcal (5.32%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 26.24g (9.54%), Sugar: 25.14g (27.93%), Cholesterol: 0mg (0%), Sodium: 10.04mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Vitamin A: 520.83IU (10.42%), Vitamin C: 6.8mg (8.24%), Manganese: 0.15mg (7.3%), Fiber: 1g (4.01%), Folate: 15.47µg (3.87%), Iron: 0.64mg (3.56%), Calcium: 34.02mg (3.4%), Copper: 0.06mg (3.11%), Magnesium: 11.43mg (2.86%), Vitamin B2: 0.04mg (2.26%), Potassium: 77.93mg (2.23%), Vitamin B3: 0.22mg (1.08%), Zinc: 0.15mg (1.03%)