



## Minted Citrus Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



220 min.

SERVINGS



10

CALORIES



58 kcal

DESSERT

### Ingredients

- 3 cups soymilk
- 0.3 cup sugar
- 8 bags freshly tea green
- 1 teaspoon orange zest grated
- 1 teaspoon lemon zest grated
- 1 leaves mint leaves fresh

### Equipment

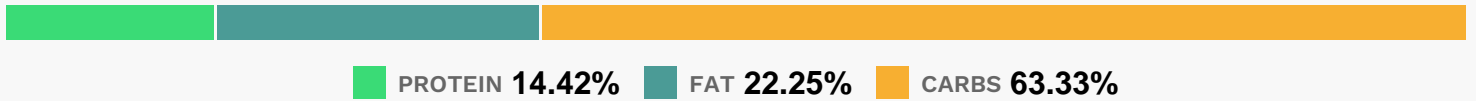
- bowl

- sauce pan
- glass baking pan

## Directions

- Place 8- or 9-inch square glass baking dish in freezer to chill. Meanwhile, in 1-quart saucepan, heat 1 cup of the soymilk and the sugar just to boiling over medium-high heat, stirring frequently.
- Add tea bags and push into soymilk mixture; let stand 5 minutes. Discard tea bags.
- Stir in remaining 2 cups soymilk, the orange peel and lemon peel until well blended.
- Pour into chilled dish; freeze 30 minutes. When ice crystals begin to form at edges of dish, stir mixture with fork. Freeze about 3 hours longer, stirring every 30 minutes, until completely frozen.
- To serve, scoop into individual dessert bowls.
- Garnish with mint leaves.

## Nutrition Facts



## Properties

Glycemic Index:10.35, Glycemic Load:5.38, Inflammation Score:-3, Nutrition Score:4.5191304076301%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 57.83kcal (2.89%), Fat: 1.43g (2.2%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.84g (3.22%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 35.51mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin B12: 0.76µg (12.74%), Vitamin E: 1.79mg (11.9%), Vitamin B3: 2.33mg (11.67%), Calcium: 99.79mg (9.98%), Vitamin B2: 0.14mg (8.39%), Vitamin B6: 0.17mg (8.28%), Vitamin C: 5.63mg (6.82%), Folate: 22.79µg (5.7%), Vitamin D: 0.85µg (5.66%), Vitamin A: 279.4IU (5.59%), Copper: 0.09mg (4.4%), Vitamin B1: 0.04mg (2.95%), Potassium: 101.03mg (2.89%), Selenium: 1.67µg (2.39%), Iron: 0.35mg (1.97%), Fiber: 0.33g (1.3%), Zinc: 0.17mg (1.15%)