

Minted Watermelon Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 0.3 cup watermelon juice
- ☐ 0.3 cup juice of lime
- ☐ 0.5 teaspoon peppermint extract
- ☐ 0.3 cup sugar
- ☐ 6 cups watermelon cubes seeded

Equipment

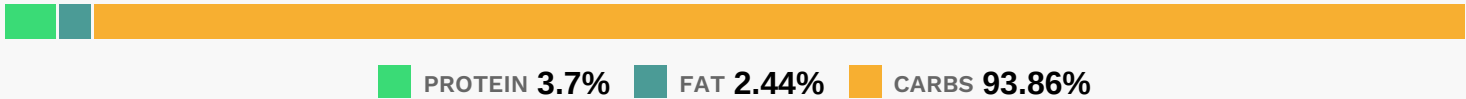
- ☐ frying pan

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine sugar and watermelon juice in a small saucepan; bring to a boil. Cook, stirring constantly, until sugar dissolves.
- ☐ Place watermelon cubes, lime juice, and peppermint in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Add sugar mixture; cover and process until blended.
- ☐ Pour mixture into a 13- x 9-inch pan; cover and freeze at least 8 hours or until firm.
- ☐ Remove mixture from freezer, and scrape entire mixture with tines of a fork until fluffy. Toss mint into granita; serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:16.49, Inflammation Score:-6, Nutrition Score:3.4908695797557%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 98.22kcal (4.91%), Fat: 0.29g (0.44%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 24.32g (8.84%), Sugar: 22.05g (24.5%), Cholesterol: 0mg (0%), Sodium: 2.42mg (0.11%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 0.98g (1.97%), Vitamin C: 15.47mg (18.75%), Vitamin A: 871.48IU (17.43%), Potassium: 196.86mg (5.62%), Magnesium: 16.76mg (4.19%), Vitamin B6: 0.07mg (3.74%), Vitamin B1: 0.06mg (3.71%), Manganese: 0.07mg (3.57%), Vitamin B5: 0.36mg (3.55%), Copper: 0.07mg (3.47%), Fiber: 0.68g (2.71%), Vitamin B2: 0.04mg (2.25%), Iron: 0.4mg (2.21%), Phosphorus: 19.14mg (1.91%), Vitamin B3: 0.3mg (1.48%), Folate: 5.61µg (1.4%), Calcium: 13.38mg (1.34%), Zinc: 0.16mg (1.1%)