Mixed Berry Granita

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN	SERVINGS	CALORIES
10 min.	6	71 kcal

DESSERT

Ingredients

- [ ] 1 cup blueberries fresh
- [ ] 1 teaspoon juice of lime
- [ ] 1 cup raspberries fresh
- [ ] 6 tablespoons sugar

Equipment

- [ ] food processor
- [ ] bowl
- [ ] sauce pan

- [ ] whisk
- [ ] sieve
- [ ] ice cube tray

Directions

- [ ] Combine 3/4 cup water and sugar in a small saucepan and bring to a boil over medium heat, stirring until sugar dissolves, 3 to 4 minutes.
- [ ] Transfer to a bowl and set ver a larger bowl filled with ice water to chill.
- [ ] Combine blueberries and raspberries in a food processor and puree. Push through a fine strainer and whisk into sugar syrup.
- [ ] Whisk in lime juice.
- [ ] Pour berry mixture into an ice cube tray and freeze for 2 hours.
- [ ] Just before serving, place ice cubes in clean work bowl of food processor. Pulse until evenly ground but not yet liquefied, about 10 2-second pulses. Spoon into 6 dessert bowls and serve immediately.

Nutrition Facts

PROTEIN **2.25%** FAT **2.97%** CARBS **94.78%**

Properties

Glycemic Index:22.68, Glycemic Load:9.85, Inflammation Score:-2, Nutrition Score:2.256521747812%

Flavonoids

Cyanidin: 11.24mg, Cyanidin: 11.24mg, Cyanidin: 11.24mg, Cyanidin: 11.24mg Petunidin: 7.84mg, Petunidin: 7.84mg, Petunidin: 7.84mg, Petunidin: 7.84mg Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg, Delphinidin: 9mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin:

0.32mg, Myricetin: 0.32mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 70.87kcal (3.54%), Fat: 0.25g (0.39%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 16.08g (5.85%), Sugar: 15.33g (17.03%), Cholesterol: 0mg (0%), Sodium: 0.58mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Manganese: 0.22mg (10.88%), Vitamin C: 7.88mg (9.55%), Fiber: 1.9g (7.58%), Vitamin K: 6.33µg (6.02%), Vitamin E: 0.32mg (2.11%), Copper: 0.03mg (1.66%), Magnesium: 5.95mg (1.49%), Potassium: 50.41mg (1.44%), Folate: 5.76µg (1.44%), Vitamin B6: 0.02mg (1.21%), Iron: 0.21mg (1.19%), Vitamin B2: 0.02mg (1.18%), Vitamin B3: 0.22mg (1.12%), Vitamin B1: 0.02mg (1.05%)