



Orange and Cranberry Granita Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



12

CALORIES



95 kcal

SAUCE

Ingredients

- ☐ 1.5 cups cranberry juice cocktail
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 cups orange juice unsweetened
- ☐ 1 cup sugar divided
- ☐ 4 cups water divided

Equipment

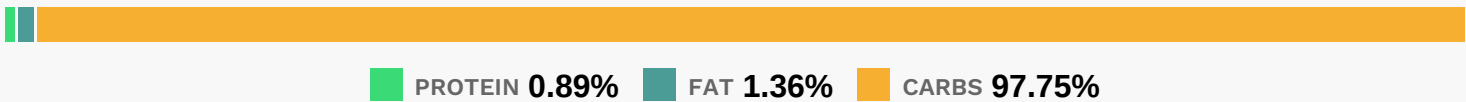
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Pour orange juice through a wire-mesh strainer into a bowl; discard pulp. Set juice aside.
- ☐ Combine 1/2 cup sugar and 2 cups water in a small saucepan; bring to a boil over medium heat, stirring until sugar dissolves.
- ☐ Remove from heat, and stir into strained orange juice.
- ☐ Pour mixture into a 9-inch square pan; let cool completely. Cover and freeze at least 8 hours or until firm.
- ☐ Combine remaining 1/2 cup plus 2 tablespoons sugar and 2 cups water in a small saucepan; bring to a boil over medium heat, stirring until sugar dissolves.
- ☐ Remove from heat, and stir in cranberry juice cocktail and lemon juice.
- ☐ Pour mixture into a 9-inch square pan; let cool completely. Cover and freeze at least 8 hours or until firm.
- ☐ Cut frozen orange mixture into 1-inch cubes, and place in container of a food processor. Pulse, 1 second at a time, until mixture is fluffy. Repeat procedure with cranberry mixture. To serve, spoon 1/4 cup orange granita into a (6-ounce) parfait glass; spoon 1/4 cup cranberry granita over orange granita.
- ☐ Garnish with mint sprigs, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:15.84, Inflammation Score:-2, Nutrition Score:2.3108695713074%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 95.47kcal (4.77%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 24.11g (8.77%), Sugar: 23.03g (25.59%), Cholesterol: 0mg (0%), Sodium: 5.06mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin C: 29.36mg (35.59%), Folate: 9.55µg (2.39%), Potassium: 68.05mg (1.94%), Vitamin B1: 0.03mg (1.88%), Copper: 0.03mg (1.54%), Vitamin A: 64.61IU (1.29%), Magnesium: 4.59mg (1.15%), Manganese: 0.02mg (1.02%)