



Papaya Guava Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

DESSERT

Ingredients

- 1 cup guava nectar
- 0.3 cup orange juice fresh (1 orange)
- 0.5 teaspoon orange rind grated (from 1 orange)
- 1 cup papaya nectar
- 0.3 cup sugar

Equipment

- bowl
- frying pan

sauce pan

baking pan

Directions

Combine first 3 ingredients in a medium saucepan. Cook, stirring constantly, over medium heat 3 minutes or just until sugar dissolves.

Place pan in a large ice-filled bowl; cool completely, stirring occasionally.

Stir in orange rind and juice.

Pour mixture into a 13 x 9-inch glass or ceramic baking dish. Freeze until partially frozen (about 2 hours). Scrape with a fork, crushing any lumps. Freeze, scraping with a fork every hour, 2 hours or until completely frozen. Spoon into dessert dishes.

Nutrition Facts

PROTEIN 1.03% FAT 1.49% CARBS 97.48%

Properties

Glycemic Index:22.61, Glycemic Load:7.16, Inflammation Score:-2, Nutrition Score:1.9934782340475%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 61.1kcal (3.06%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 15.05g (5.47%), Sugar: 14.22g (15.8%), Cholesterol: 0mg (0%), Sodium: 3.76mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin C: 20.88mg (25.31%), Vitamin A: 193.26IU (3.87%), Fiber: 0.64g (2.56%), Folate: 9.78µg (2.44%), Potassium: 59.7mg (1.71%), Magnesium: 5.5mg (1.37%), Manganese: 0.02mg (1.05%)