



Peach Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



57 kcal

DESSERT

Ingredients



1 tablespoon juice of lemon fresh



2 cups peach nectar



2 tablespoons sugar

Equipment



sauce pan

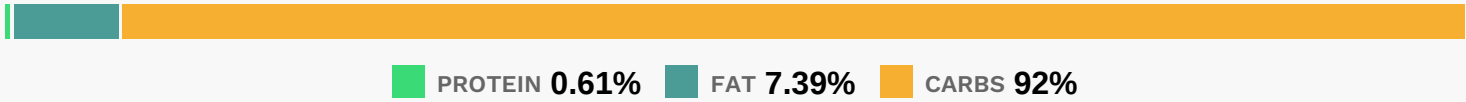


baking pan

Directions

- ☐ Combine peach nectar and sugar in a saucepan over medium-high heat; cook, stirring often, until sugar dissolves.
- ☐ Remove from heat; stir in lemon juice.
- ☐ Pour mixture into a 13 x 9-inch baking dish; cover and freeze 8 hours or until firm.
- ☐ Remove mixture from freezer; scrape entire mixture with a fork until fluffy.
- ☐ Serve immediately, or store in a covered container in freezer.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:2.79, Inflammation Score:-2, Nutrition Score:0.87782608199379%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.62kcal (2.83%), Fat: 0.49g (0.76%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.69g (4.98%), Sugar: 14.1g (15.66%), Cholesterol: 0mg (0%), Sodium: 9.19mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin A: 214.29IU (4.29%), Vitamin B1: 0.05mg (3.36%), Vitamin E: 0.24mg (1.63%), Vitamin B6: 0.03mg (1.59%), Vitamin C: 0.97mg (1.17%)