



Peach Limeade Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

Ingredients

- 1.3 cups juice of lime fresh (12 limes)
- 6 mint leaves
- 3 cups peaches whole unpeeled (1 pound peaches)
- 1.3 cups sugar
- 4 cups water

Equipment

- sauce pan
- blender

baking pan

Directions

- Combine 4 cups water and next 3 ingredients (through mint leaves) in a medium saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes. Cool 40 minutes.
- Remove and discard mint.
- Place half of peach mixture in a blender; process until smooth.
- Pour pureed peach mixture into a 13 x 9-inch glass or ceramic baking dish.
- Combine remaining peach mixture and lime juice in blender; process until smooth.
- Add to baking dish.
- Freeze until partially frozen (about 2 hours). Scrape with a fork, crushing any lumps. Freeze, scraping with a fork every 45 minutes, 1 1/2 hours, or until completely frozen. Scoop into dessert dishes, and garnish with peach slices and mint sprigs, if desired.

Nutrition Facts

 PROTEIN 1.65%  FAT 1.53%  CARBS 96.82%

Properties

Glycemic Index:13.79, Glycemic Load:25.27, Inflammation Score:0, Nutrition Score:2.7934782556866%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 163.2kcal (8.16%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 41.45g (15.07%), Sugar: 38.79g (43.1%), Cholesterol: 0mg (0%), Sodium: 14.79mg (0.64%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.45%), Vitamin C: 14.71mg (17.83%), Vitamin A: 240.29IU (4.81%), Fiber: 1.09g (4.35%), Copper: 0.08mg (3.98%), Potassium: 122.58mg (3.5%), Vitamin E: 0.51mg (3.4%), Vitamin B3: 0.54mg (2.68%), Manganese: 0.05mg (2.63%), Magnesium: 9.63mg (2.41%), Folate: 8.35µg (2.09%), Selenium: 1.45µg (2.08%), Vitamin B2: 0.03mg (1.9%), Phosphorus: 18.9mg (1.89%), Vitamin K: 1.97µg (1.88%), Vitamin B1: 0.02mg (1.64%), Iron: 0.29mg (1.6%), Vitamin B6: 0.03mg (1.54%), Vitamin B5: 0.14mg (1.41%), Calcium: 13.66mg (1.37%), Zinc: 0.19mg (1.26%)