

Pineapple Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 4 small mint sprigs for garnish
- ☐ 2 cups pineapple juice
- ☐ 0.5 cup sugar

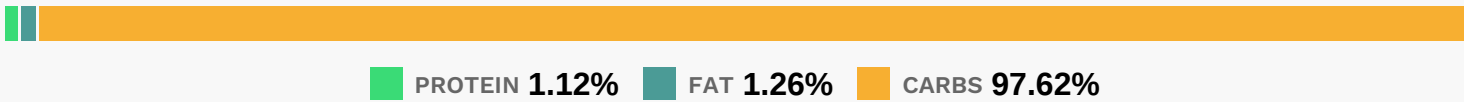
Equipment

- ☐ whisk

Directions

- ☐
- Combine sugar with 1/4 cup water in a small saucepan over medium-high heat. Simmer until sugar is dissolved, stirring once or twice.
- ☐
- Whisk juice into the sugar syrup and pour into a 9 x 9 x 2-inch pan. Freeze 2-3 hours, pulling a fork through the mixture every 30 minutes to make granules.
- ☐
- Serve in glasses garnished with mint.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:24.33, Inflammation Score:-1, Nutrition Score:3.780869592791%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 159.49kcal (7.97%), Fat: 0.23g (0.36%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 39.92g (14.52%), Sugar: 36.73g (40.81%), Cholesterol: 0mg (0%), Sodium: 2.92mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Manganese: 0.61mg (30.37%), Vitamin C: 12.12mg (14.69%), Vitamin B6: 0.12mg (5.96%), Folate: 22.38µg (5.59%), Vitamin B1: 0.07mg (4.62%), Potassium: 159.59mg (4.56%), Copper: 0.09mg (4.32%), Magnesium: 14.96mg (3.74%), Iron: 0.43mg (2.38%), Vitamin B2: 0.03mg (1.89%), Calcium: 18.02mg (1.8%), Vitamin B3: 0.25mg (1.26%), Fiber: 0.32g (1.26%), Phosphorus: 10.17mg (1.02%)