



Pineapple-Rum Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



52 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons rum dark
- ☐ 0.8 cup pineapple juice
- ☐ 0.3 cup sugar
- ☐ 1 cup water

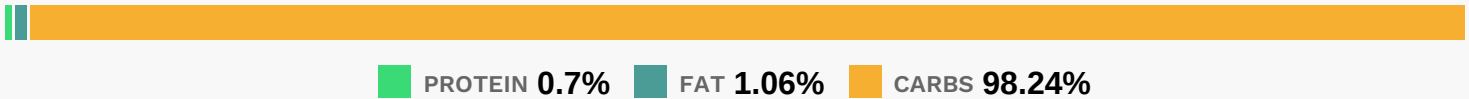
Equipment

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan; bring to a boil. Cook 1 minute or until sugar dissolves, stirring frequently.
- ☐ Remove from heat; stir in rum. Cool completely.
- ☐ Pour into an 8-inch square baking dish. Cover and freeze 8 hours or until firm.
- ☐ Remove mixture from freezer; scrape entire mixture with a fork until fluffy.

Nutrition Facts



Properties

Glycemic Index:16.39, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:0.70521740153756%

Nutrients (% of daily need)

Calories: 52.47kcal (2.62%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 11.1g (4.04%), Sugar: 10.52g (11.69%), Cholesterol: 0mg (0%), Sodium: 2.04mg (0.09%), Alcohol: 1.25g (100%), Alcohol %: 2.49% (100%), Protein: 0.08g (0.16%), Manganese: 0.11mg (5.63%), Vitamin C: 2.21mg (2.68%), Vitamin B6: 0.02mg (1.11%), Copper: 0.02mg (1.07%)