



Pink Grapefruit, Strawberry, and Champagne Granita with Sugared Strawberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 2.3 cups champagne chilled
- ☐ 0.8 cup grapefruit juice fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 9 teaspoons mascarpone cheese
- ☐ 18 small strawberries whole
- ☐ 1.3 cups sugar divided
- ☐ 0.8 cup water

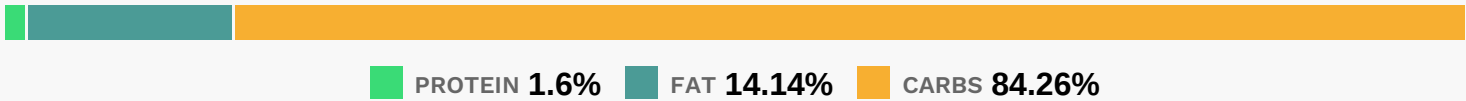
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Stir 3/4 cup sugar and 3/4 cup water in large saucepan over low heat until sugar dissolves. Cool. Puree 1 cup strawberries in processor.
- ☐ Whisk 1/2 cup puree into sugar syrup.
- ☐ Mix in grapefruit juice, then Champagne.
- ☐ Pour mixture into 8-inch square metal baking pan. Freeze mixture until firm, stirring every 2 hours, about 6 hours. (Can be made 2 days ahead. Cover; keep frozen.)
- ☐ Mix remaining 1/2 cup sugar and lemon peel in pie plate.
- ☐ Spread 1/2 teaspoon mascarpone around pointed tip half of each whole strawberry. Dip in lemon sugar to coat mascarpone.
- ☐ Moisten rims of 6 Martini glasses with water; dip rims into remaining lemon sugar. Scrape fork across surface of granita to form ice shavings. Mound granita in glasses.
- ☐ Garnish with sugared berries and serve immediately.
- ☐ *Available at Italian markets and some supermarkets.
- ☐ To coat Martini glass rims with sugar, barely moisten fingertips and run around edge of each glass, then dip rims into sugar mixture. Keep the coated glasses in the freezer for up to two days before serving the granita.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:31.12, Inflammation Score:-4, Nutrition Score:2.6286956784518%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.22mg, Pelargonidin: 5.22mg, Pelargonidin: 5.22mg, Pelargonidin: 5.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 257.58kcal (12.88%), Fat: 3.55g (5.47%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 47.15g (17.14%), Sugar: 46.89g (52.1%), Cholesterol: 7.39mg (2.46%), Sodium: 12.99mg (0.56%), Alcohol: 5.66g (100%), Alcohol %: 3.29% (100%), Protein: 0.9g (1.81%), Vitamin C: 20.93mg (25.37%), Potassium: 159.43mg (4.56%), Manganese: 0.08mg (4.14%), Magnesium: 14.9mg (3.73%), Iron: 0.58mg (3.24%), Calcium: 26.01mg (2.6%), Vitamin A: 108.34IU (2.17%), Phosphorus: 21.62mg (2.16%), Fiber: 0.5g (2.01%), Folate: 6.58µg (1.64%), Vitamin B6: 0.03mg (1.42%), Copper: 0.03mg (1.4%), Vitamin B3: 0.26mg (1.3%), Vitamin B2: 0.02mg (1.28%)