



Pomegranate Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.5 lb cranberry-orange relish
- ☐ 0.3 cup orange juice
- ☐ 2 cups pomegranate juice
- ☐ 6 tablespoons pomegranate seeds
- ☐ 0.3 cup sugar

Equipment

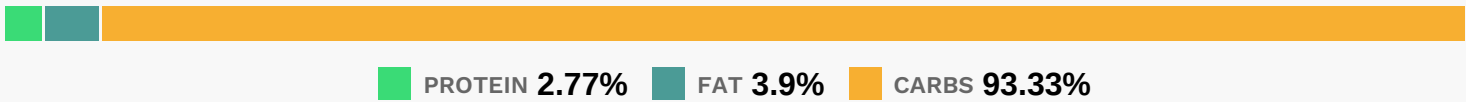
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ grater
- ☐ zester

Directions

- ☐ In a 9- by 13-inch pan, stir pomegranate juice, orange juice, lemon juice, and sugar. Cover airtight.
- ☐ Freeze mixture until solid, 3 to 4 hours. Break frozen mixture into chunks. Beat with a mixer just until pieces are pea-size. Return granita to pan and freeze, covered airtight, until firm, at least 3 hours or up to 2 days.
- ☐ Meanwhile, using a zester or grater, cut about 1 tablespoon peel from orange in long, thin shreds.
- ☐ With a sharp knife, cut remaining peel and membrane from orange. Hold fruit over a bowl and cut between membrane and fruit to release segments into bowl.
- ☐ Spoon equal portions granita into chilled stemmed glasses or small bowls, sprinkle each with 1 tablespoon pomegranate seeds, and garnish with orange segments and orange peel.

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:9.54, Inflammation Score:-3, Nutrition Score:4.9439130580944%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 12.13mg, Hesperetin: 12.13mg, Hesperetin: 12.13mg, Hesperetin: 12.13mg Naringenin: 6.1mg, Naringenin: 6.1mg, Naringenin: 6.1mg, Naringenin: 6.1mg

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 113.59kcal (5.68%), Fat: 0.52g (0.8%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 26.34g (9.58%), Sugar: 25.55g (28.39%), Cholesterol: 0mg (0%), Sodium: 8.15mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin C: 29.09mg (35.27%), Vitamin K: 11.11µg (10.58%), Folate: 41.34µg (10.34%), Potassium: 310.45mg (8.87%), Fiber: 1.62g (6.49%), Manganese: 0.11mg (5.43%), Vitamin B1: 0.07mg (4.54%), Vitamin B5: 0.42mg (4.15%), Vitamin B6: 0.07mg (3.66%), Magnesium: 12.98mg (3.25%), Copper: 0.06mg (3.25%), Vitamin E: 0.48mg (3.21%), Calcium: 27.42mg (2.74%), Vitamin B2: 0.04mg (2.44%), Vitamin A: 112.68IU (2.25%), Phosphorus: 22.26mg (2.23%), Vitamin B3: 0.4mg (2%), Iron: 0.2mg (1.1%), Zinc: 0.16mg (1.08%)