



Red and Green Grape Granitas with Muscat and Frozen Sugared Grapes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 6 small grape clusters (per cluster)
- ☐ 1 pound grapes (green seedless stemmed)
- ☐ 0.3 cup juice of lemon (fresh)
- ☐ 2 tablespoons muscat wine (chilled)
- ☐ 1 pound grapes (red seedless stemmed)
- ☐ 0.7 cup sugar
- ☐ 6 servings additional sugar (for dipping)

☐ 0.7 cup water

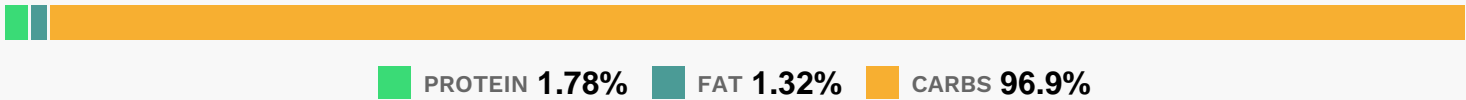
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine 2/3 cup water and 2/3 cup sugar in small saucepan. Bring to boil, stirring until sugar dissolves. Boil 1 minute. Cool syrup. Stir in lemon juice.
- ☐ Puree green grapes and half of lemon syrup in blender (some bits of grape peel will remain).
- ☐ Transfer to 13x9x2-inch metal pan. Puree red grapes and remaining lemon syrup in blender.
- ☐ Transfer to another 13x9x2-inch metal pan. Freeze 1 hour. Stir with fork every hour until frozen, about 4 hours.
- ☐ Meanwhile, dip grape clusters into 2 tablespoons Muscat wine to moisten, then dip grapes into sugar to coat.
- ☐ Place grapes on small tray and freeze until frozen, about 4 hours. (Granitas and grapes can be made 1 day ahead. Cover separately and keep frozen.)
- ☐ Using fork, scrape granitas down length of pan, forming icy flakes.
- ☐ Pour 2 tablespoons Muscat wine into each of 6 wide glasses. Divide green grape granita equally among glasses. Spoon red grape granita alongside green grape granita in each glass.
- ☐ Garnish each with sugared grape cluster and serve.

Nutrition Facts



Properties

Glycemic Index:46.36, Glycemic Load:36.25, Inflammation Score:-1, Nutrition Score:4.5517390914585%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 245.81kcal (12.29%), Fat: 0.38g (0.59%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 61.88g (22.5%), Sugar: 58.62g (65.13%), Cholesterol: 0mg (0%), Sodium: 4.88mg (0.21%), Alcohol: 0.43g (100%), Alcohol %: 0.24% (100%), Protein: 1.16g (2.33%), Vitamin K: 22.8µg (21.72%), Vitamin C: 8.93mg (10.83%), Copper: 0.21mg (10.33%), Potassium: 309.49mg (8.84%), Vitamin B1: 0.11mg (7.35%), Vitamin B6: 0.14mg (6.95%), Vitamin B2: 0.12mg (6.9%), Fiber: 1.44g (5.75%), Manganese: 0.11mg (5.67%), Iron: 0.59mg (3.26%), Phosphorus: 32.05mg (3.21%), Magnesium: 11.81mg (2.95%), Vitamin E: 0.31mg (2.08%), Vitamin A: 103.7IU (2.07%), Calcium: 17.36mg (1.74%), Vitamin B3: 0.3mg (1.51%), Folate: 5.16µg (1.29%)