

Red Red Red



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple cider vinegar
- ☐ 8 ounces beets cooked
- ☐ 1 apples i use 2 granny smith apples cored peeled cut into 1-inch chunks
- ☐ 1 cup granulated sugar
- ☐ 6 star anise
- ☐ 1.3 cups water
- ☐ 2 teaspoons allspice whole

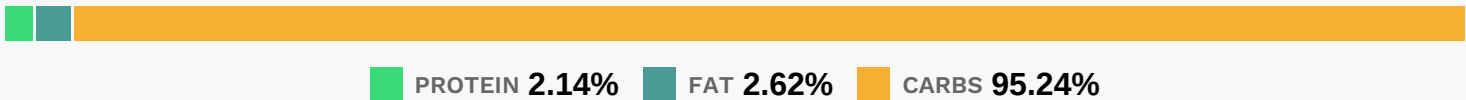
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Pulse beets and apples in a food processor until completely pureed.Set aside.
- ☐ Combine sugar, water, vinegar, star anise, and allspice in a mediumsaucepan. Cook over medium–high heat, stirring, until sugar is completelydissolved, about 5 minutes. Stir in pureed beets.
- ☐ Remove fromheat and let cool to room temperature.
- ☐ Strain mixture through a fine–mesh sieve into a 13–by–9–inch bakingpan; discard solids.
- ☐ Place pan in freezer. Scrape mixture with a fork once every 20 minutes until mixture is fully frozen and has a slushy consistency.
- ☐ To serve, spoon 3 to 4 tablespoons granita into each of 6 champagneflutes. Top with prosecco.
- ☐ Recipes from Winter Cocktails by María Del Mar Sacasa. Copyright © 2013 by Quirk Books.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:26.27, Inflammation Score:-2, Nutrition Score:3.2665217350359%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 174.33kcal (8.72%), Fat: 0.52g (0.81%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 40.68g (14.79%), Sugar: 39.1g (43.44%), Cholesterol: 0mg (0%), Sodium: 35.5mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Manganese: 0.28mg (14.1%), Folate: 42.8µg (10.7%), Fiber: 2.29g (9.15%), Potassium: 209.34mg (5.98%), Iron: 0.9mg (5%), Vitamin C: 4.1mg (4.97%), Magnesium: 16.12mg (4.03%), Copper: 0.07mg (3.37%), Calcium: 29.09mg (2.91%), Phosphorus: 27.1mg (2.71%), Vitamin B6: 0.05mg (2.39%), Vitamin B2: 0.03mg (1.96%), Zinc: 0.23mg (1.56%), Vitamin B1: 0.02mg (1.46%), Vitamin B3: 0.23mg (1.16%)