



Rhubarb Lambrusco Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



6

CALORIES



142 kcal

DESSERT

Ingredients

- ☐ 0.8 cup superfine granulated sugar
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 3 cups rhubarb stalks trimmed
- ☐ 0.5 cup water
- ☐ 1 cup lambrusco wine

Equipment

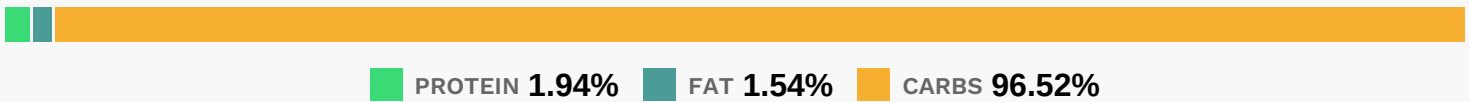
- ☐ food processor
- ☐ pot

- ☐ sieve
- ☐ baking pan

Directions

- ☐ Bring wine to a boil with water and sugar, stirring, in a 4-quart heavy pot.
- ☐ Add rhubarb and cook at a bare simmer, covered, stirring occasionally, until very tender and beginning to fall apart, 5 to 7 minutes. Purée in a food processor with lemon juice until smooth, then force through a coarse sieve into an 8- to 9-inch baking pan, pressing hard on solids (discard solids).
- ☐ Freeze, stirring and crushing lumps with a fork every 1 1/2 hours, until evenly frozen, about 8 hours total. Scrape granita with a fork to lighten texture, crushing any lumps.
- ☐ Serve immediately or freeze, covered, up to 3 days (rescrape to lighten texture again if necessary).

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:17.83, Inflammation Score:-2, Nutrition Score:2.9426087218782%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 142.44kcal (7.12%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 27.71g (10.08%), Sugar: 25.96g (28.84%), Cholesterol: 0mg (0%), Sodium: 5.68mg (0.25%), Alcohol: 4.16g (100%), Alcohol %: 3.6% (100%), Protein: 0.58g (1.16%), Vitamin K: 17.87µg (17.02%), Manganese: 0.17mg (8.51%), Vitamin C: 5.2mg (6.31%), Potassium: 216.64mg (6.19%), Calcium: 56.55mg (5.66%), Fiber: 1.1g (4.4%), Magnesium: 11.97mg (2.99%), Vitamin B2: 0.03mg (1.9%), Vitamin B6: 0.04mg (1.83%), Phosphorus: 16.61mg (1.66%), Iron: 0.3mg (1.64%), Selenium: 0.9µg (1.29%), Vitamin B3: 0.25mg (1.25%), Vitamin A: 62.27IU (1.25%), Folate: 4.84µg (1.21%), Vitamin E: 0.17mg (1.11%), Copper: 0.02mg (1.03%)