



Rhubarb, Strawberry, and Thyme Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



73 kcal

DESSERT

Ingredients

- 2 tablespoons juice of lemon fresh (2 lemons)
- 2 cups rhubarb fresh chopped
- 2 cups strawberries sliced
- 0.8 cup sugar
- 3 thyme sprigs
- 0.8 cup water

Equipment

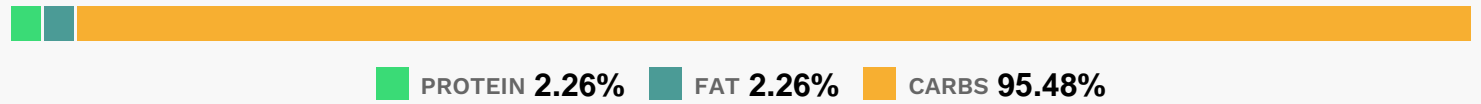
- bowl

- frying pan
- sauce pan
- blender
- baking pan

Directions

- Combine 3/4 cup water and sugar in a medium saucepan. Bring to a boil, stirring until sugar dissolves. Stir in rhubarb and thyme; return to a boil. Cover, reduce heat, and simmer 8 minutes or until rhubarb is tender.
- Place pan in a large ice-filled bowl for 10 minutes or until cool, stirring occasionally. Discard thyme sprigs.
- Place rhubarb mixture, strawberries, and lemon juice in a blender; process until smooth.
- Pour mixture into an 8-inch square glass or ceramic baking dish. Cover and freeze until partially frozen (about 1 hour). Scrape with a fork, crushing any lumps. Freeze, scraping with a fork every hour, 4 hours or until completely frozen.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:11.23, Inflammation Score:-4, Nutrition Score:2.8921738888906%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.14mg

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Nutrients (% of daily need)

Calories: 73.05kcal (3.65%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.47g (6.35%), Sugar: 16.72g (18.58%), Cholesterol: 0mg (0%), Sodium: 2.36mg (0.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 20.53mg (24.88%), Manganese: 0.17mg (8.26%), Vitamin K: 7.78µg (7.41%), Fiber: 1.07g (4.26%), Potassium: 119.55mg (3.42%), Calcium: 27.67mg (2.77%), Folate: 9.35µg (2.34%), Magnesium: 7.51mg (1.88%), Iron: 0.23mg (1.3%), Copper: 0.03mg (1.25%), Vitamin B6: 0.02mg (1.09%), Phosphorus: 10.89mg (1.09%), Vitamin B2: 0.02mg (1.08%), Vitamin E: 0.15mg (1.03%)