



Roasted Cherries with Cocoa-Mocha Granita



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.5 cups hot-brewed coffee hot
- ☐ 2 tablespoons kirsch liqueur
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 cups cherries sweet pitted
- ☐ 0.3 cup condensed milk sweetened

- ☐ 0.5 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract

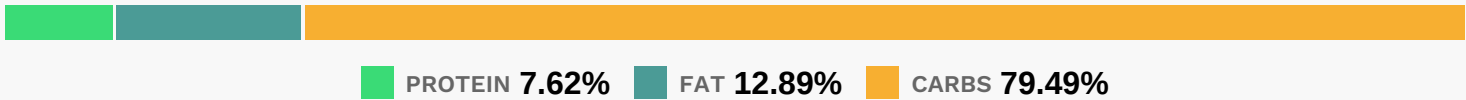
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Place a rack in center of oven; preheat to 350F. Mist a 9-inch square glass baking dish with cooking spray. Stir cherries, 2 Tbsp. sugar, kirsch and juice in baking dish to combine. Roast until bubbly and juices have thickened, about 15 minutes.
- ☐ Transfer to a bowl and let cool completely.
- ☐ Mix cocoa and 1/4 cup sugar in a bowl.
- ☐ Whisk in coffee until sugar and cocoa have dissolved.
- ☐ Let stand for 5 minutes. Stir in milk and extracts; pour into another 9-inch square baking dish. Freeze until completely frozen, about 1hour, scraping frozen crystals from edge of pan with a fork every 15 minutes.
- ☐ When ready to serve, scrape granita into chilled glasses, breaking up any large pieces with a fork. Top with cherries.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:5.7, Inflammation Score:-2, Nutrition Score:2.1852174093542%

Flavonoids

Cyanidin: 5.56mg, Cyanidin: 5.56mg, Cyanidin: 5.56mg, Cyanidin: 5.56mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 6.56mg, Epicatechin: 6.56mg, Epicatechin: 6.56mg, Epicatechin: 6.56mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 60.3kcal (3.01%), Fat: 0.9g (1.38%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 10.99g (4%), Sugar: 10.2g (11.34%), Cholesterol: 1.73mg (0.58%), Sodium: 7.69mg (0.33%), Alcohol: 0.87g (100%), Alcohol %: 1.89% (100%), Caffeine: 16.07mg (5.36%), Protein: 1.19g (2.39%), Manganese: 0.13mg (6.53%), Copper: 0.12mg (6.11%), Fiber: 1.45g (5.8%), Magnesium: 18.5mg (4.62%), Phosphorus: 38.72mg (3.87%), Potassium: 117.01mg (3.34%), Vitamin B2: 0.05mg (3.17%), Iron: 0.48mg (2.68%), Vitamin C: 1.81mg (2.19%), Calcium: 21.19mg (2.12%), Zinc: 0.26mg (1.75%), Selenium: 1.2µg (1.71%), Vitamin B5: 0.14mg (1.44%), Vitamin B1: 0.02mg (1.04%)