Root Beer Granita Float

Gluten Free · Dairy Free · Low Fod Map

READY IN	SERVINGS	CALORIES
240 min.	6	292 kcal

Ingredients

- [ ] 8 cups root beer
- [ ] 1 pint whipped cream

Equipment

- [ ] frying pan
- [ ] sauce pan
- [ ] baking pan

Directions

- [ ] Pour 4 cups root beer into 13x9x2-inch baking pan; freeze until set, about 4 hours orovernight.
- [ ] Meanwhile, boil remaining 4 cups root beer in large saucepan until reduced to 1/2 cup, about 30 minutes. Cool root beer syrup.
- [ ] Using tines of fork, scrape frozen root beer into icy flakes, then mix gently in pan to blend. Spoon 3/4 cup root beer granita into each of 6 clear glasses or dessert cups. Top granita with scoop of ice cream.
- [ ] Drizzle each with 4 teaspoons root beer syrup and serve.

Nutrition Facts

PROTEIN **3.72%** FAT **26.29%** CARBS **69.99%**

Properties

Glycemic Index:10.17, Glycemic Load:11.02, Inflammation Score:-2, Nutrition Score:3.4743478201006%

Nutrients (% of daily need)

Calories: 292.26kcal (14.61%), Fat: 8.67g (13.35%), Saturated Fat: 5.35g (33.47%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 51.41g (18.7%), Sugar: 50.07g (55.64%), Cholesterol: 34.7mg (11.57%), Sodium: 104mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Calcium: 116.68mg (11.67%), Vitamin B2: 0.19mg (11.13%), Phosphorus: 82.81mg (8.28%), Vitamin A: 332.01IU (6.64%), Vitamin B12: 0.31µg (5.13%), Zinc: 0.76mg (5.1%), Vitamin B5: 0.46mg (4.58%), Potassium: 160.08mg (4.57%), Magnesium: 14.19mg (3.55%), Selenium: 1.73µg (2.48%), Manganese: 0.05mg (2.36%), Fiber: 0.55g (2.21%), Vitamin B1: 0.03mg (2.16%), Copper: 0.04mg (2.01%), Vitamin B6: 0.04mg (1.89%), Vitamin E: 0.24mg (1.58%), Iron: 0.23mg (1.27%), Vitamin D: 0.16µg (1.05%)