



Salted Honeydew-Grape Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



45 kcal

DESSERT

Ingredients



0.1 teaspoon sea salt



2 cups grapes green seedless



2 cups wedges honeydew melon cubed (2-inch)



3 tablespoons juice of lime fresh (2 large limes)



0.5 cup sugar



0.5 cup water

Equipment



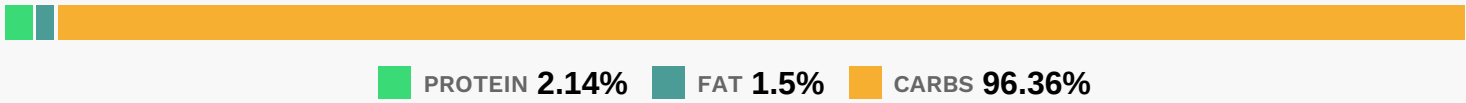
bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine 1/2 cup water and sugar in a small saucepan. Bring to a boil, stirring until sugar dissolves.
- ☐ Place pan in a large ice-filled bowl for 25 minutes or until cool, stirring occasionally.
- ☐ Place sugar syrup, melon, and remaining ingredients 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, 3 hours or until completely frozen.

Nutrition Facts



Properties

Glycemic Index:7.26, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:1.1552173838667%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 45.44kcal (2.27%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.46g (4.17%), Sugar: 10.94g (12.15%), Cholesterol: 0mg (0%), Sodium: 22.86mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 5.27mg (6.39%), Vitamin K: 3.39µg (3.23%), Potassium: 87.92mg (2.51%), Vitamin B6: 0.04mg (1.8%), Copper: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.45%), Fiber: 0.35g (1.4%), Folate: 4.7µg (1.17%), Vitamin B2: 0.02mg (1.02%)