



## Sangria Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



480 min.

SERVINGS



4

CALORIES



130 kcal

DESSERT

### Ingredients

- 1 cup wine dry red
- 1 cup mirin sweet
- 0.5 cup water
- 2 tablespoons sugar
- 4 slices optional: lemon
- 4 slices cranberry-orange relish

### Equipment

- bowl

- plastic wrap
- glass baking pan

## Directions

- In large glass bowl, stir together the wines, water, and sugar until sugar dissolves.
- Add lemon and orange slices; cover with plastic wrap. Chill 3 to 4 hours to develop flavors.
- Remove orange and lemon slices; pour mixture into 8x8-inch glass baking dish. Cover with plastic wrap. Freeze 4 hours or until firm.
- When ready to serve, use tines of a fork to shave surface of frozen granita; spoon into bowls.
- Serve immediately.

## Nutrition Facts

**PROTEIN 2.34%** **FAT 1.03%** **CARBS 96.63%**

## Properties

Glycemic Index:34.52, Glycemic Load:4.86, Inflammation Score:-4, Nutrition Score:1.0878261104226%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 5.77mg, Hesperetin: 5.77mg, Hesperetin: 5.77mg, Hesperetin: 5.77mg Naringenin: 2.18mg, Naringenin: 2.18mg, Naringenin: 2.18mg, Naringenin: 2.18mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 129.51kcal (6.48%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.55g (4.2%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 1.68mg (0.07%), Alcohol: 12g (100%), Alcohol %: 8.61% (100%), Protein: 0.29g (0.59%), Vitamin C: 11.16mg (13.52%), Fiber: 0.53g (2.13%), Folate: 4.97µg (1.24%)