



Spiced Apple-Cider Granita with Ginger Whipped Cream

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

DESSERT

Ingredients

- 4 cups apple cider
- 0.7 cup brown sugar packed ()
- 6 servings whipped cream
- 20 allspice whole

Equipment

- sauce pan
- whisk

baking pan

Directions

- Stir first 4 ingredients in saucepan over medium heat until sugar dissolves.
- Remove from heat, cover and let steep 1 hour. Strain mixture into 8-inch square metal baking pan. Freeze until edges begin to set, about 1 hour.
- Whisk; freeze again until mixture is slushy, about 1 hour.
- Whisk again to blend well. Freeze without stirring until granita is frozen solid, at least 3 hours or overnight. Using fork, scrape granita until entire mixture is mass of crystals. Cover and freeze until ready to serve.
- Scoop granita into 6 chilled glasses. Top with Ginger Whipped Cream.

Nutrition Facts

PROTEIN 0.85% **FAT 7.55%** **CARBS 91.6%**

Properties

Glycemic Index:18.46, Glycemic Load:7.55, Inflammation Score:-1, Nutrition Score:1.7521739109703%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg, Epicatechin: 7.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 181.56kcal (9.08%), Fat: 1.57g (2.41%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 42.36g (15.4%), Sugar: 39.33g (43.7%), Cholesterol: 4.56mg (1.52%), Sodium: 13.87mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Manganese: 0.14mg (7.1%), Potassium: 203.72mg (5.82%), Calcium: 41.14mg (4.11%), Magnesium: 11.18mg (2.79%), Vitamin B1: 0.04mg (2.37%), Iron: 0.39mg (2.16%), Vitamin B6: 0.04mg (2.08%), Vitamin C: 1.55mg (1.87%), Vitamin B2: 0.03mg (1.82%), Phosphorus: 17.71mg (1.77%), Copper: 0.03mg (1.64%), Fiber: 0.39g (1.55%), Vitamin B5: 0.13mg (1.28%)