



Spiced Red Wine and Pomegranate Granita



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 1 stick cinnamon (5-inch)
- ☐ 2 cups merlot dry red
- ☐ 3 orange rind strips ()
- ☐ 0.3 cup sugar
- ☐ 16 ounce pomegranate-tangerine juice (such as POM Wonderful)
- ☐ 3.5 cups non-dairy whipped topping fat-free refrigerated canned (such as Reddi-wip)

Equipment

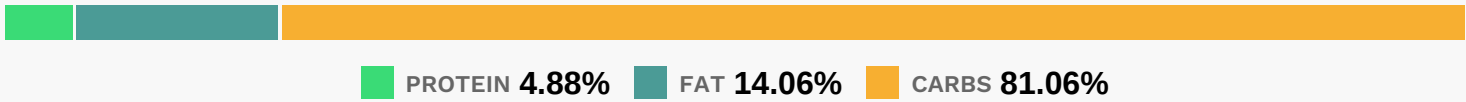
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Bring first 5 ingredients to a simmer in a large saucepan over medium heat.
- ☐ Remove from heat; let stand 5 minutes. Strain mixture through a sieve into a bowl; discard solids. Stir juice into wine mixture.
- ☐ Pour mixture into a 13 x 9-inch baking dish. Freeze, uncovered, 1 hour. Scrape entire mixture with a fork to break up ice crystals. Freeze an additional 1 hour, scraping again with a fork after 30 minutes.
- ☐ Scoop 1/4 cup granita into each of 7 (10-ounce) stemmed glasses; top each with 2 tablespoons whipped topping. Repeat layers 3 times, ending with whipped topping.
- ☐ Granita Tips: Although mixtures freeze faster in metal pans, we used a glass dish because this recipe has a high acid content from the wine, and the acid might react with an aluminum pan. A fork is the best utensil to scrape the frozen mixture because it produces a nice fine-grained ice.
- ☐ Serve the granita in chilled bowls or glasses because the ice melts quickly.
- ☐ Granita (grah-nee-TAH), or Italian ice, must be intensely flavorful to be authentic. Creamy whipped topping balances the flavor of the ice.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:4.99, Inflammation Score:-5, Nutrition Score:4.816521735295%

Flavonoids

Petunidin: 2.28mg, Petunidin: 2.28mg, Petunidin: 2.28mg, Petunidin: 2.28mg Delphinidin: 2.87mg, Delphinidin: 2.87mg, Delphinidin: 2.87mg, Delphinidin: 2.87mg Malvidin: 17.99mg, Malvidin: 17.99mg, Malvidin: 17.99mg, Malvidin: 17.99mg Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg Catechin: 5.28mg, Catechin: 5.28mg, Catechin: 5.28mg, Catechin: 5.28mg Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg

Epicatechin: 7.31mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 11.09mg, Hesperetin: 11.09mg, Hesperetin: 11.09mg, Hesperetin: 11.09mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 174.38kcal (8.72%), Fat: 2.04g (3.14%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 25.42g (9.24%), Sugar: 19.55g (21.73%), Cholesterol: 6mg (2%), Sodium: 27.92mg (1.21%), Alcohol: 7.2g (100%), Alcohol %: 4.97% (100%), Protein: 1.59g (3.19%), Vitamin C: 26.06mg (31.59%), Vitamin B2: 0.25mg (14.78%), Vitamin B12: 0.56µg (9.25%), Vitamin B1: 0.1mg (6.58%), Calcium: 65.53mg (6.55%), Manganese: 0.11mg (5.58%), Vitamin A: 252.64IU (5.05%), Potassium: 169.04mg (4.83%), Fiber: 1.09g (4.36%), Vitamin B6: 0.08mg (4.16%), Phosphorus: 35.97mg (3.6%), Folate: 11.19µg (2.8%), Magnesium: 9.62mg (2.4%), Selenium: 1.3µg (1.86%), Copper: 0.03mg (1.51%), Vitamin B3: 0.25mg (1.27%), Iron: 0.23mg (1.26%), Vitamin B5: 0.11mg (1.08%), Zinc: 0.16mg (1.06%)