



Spiked Peach Limeade Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 1.3 cups juice of lime fresh
- ☐ 6 mint leaves
- ☐ 3 cups peaches (3 medium)
- ☐ 0.8 cup rum
- ☐ 1.3 cups sugar
- ☐ 4 cups water

Equipment

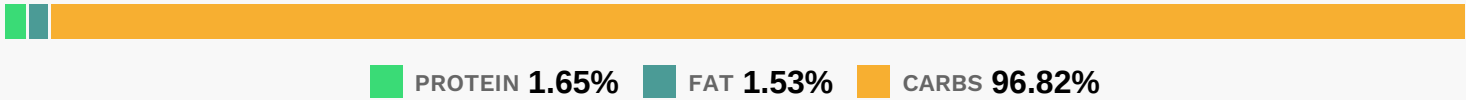
- ☐ sauce pan

- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine first 4 ingredients in a medium saucepan; bring to a boil. Reduce heat; simmer for 5 minutes. Cool, and discard mint.
- ☐ Place half of peach mixture in a blender; process until smooth.
- ☐ Pour pureed peach mixture into a 13 x 9inch baking dish.
- ☐ Combine remaining peach mixture, juice, and rum in blender; process until smooth.
- ☐ Add to baking dish.
- ☐ Freeze 8 hours or until firm.
- ☐ Remove mixture from freezer; scrape entire mixture with a fork until fluffy.
- ☐ Serve immediately.
- ☐ Garnish with peach slices and mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:25.27, Inflammation Score:-3, Nutrition Score:2.8291304163311%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 215.17kcal (10.76%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 41.45g (15.07%), Sugar: 38.79g (43.1%), Cholesterol: 0mg (0%), Sodium: 15.02mg (0.65%), Alcohol: 7.51g (100%), Alcohol %: 3.49% (100%), Protein: 0.72g (1.45%), Vitamin C: 14.71mg (17.83%), Vitamin A: 240.29IU (4.81%), Fiber: 1.09g (4.35%), Copper: 0.08mg (4.22%), Potassium: 123.03mg (3.52%), Vitamin E: 0.51mg (3.4%), Manganese: 0.06mg (2.83%), Vitamin B3: 0.54mg (2.69%), Magnesium: 9.63mg (2.41%), Folate: 8.35µg (2.09%), Selenium: 1.45µg (2.08%), Phosphorus: 19.8mg (1.98%), Vitamin B2: 0.03mg (1.95%), Vitamin K: 1.97µg (1.88%), Vitamin B1: 0.03mg (1.73%), Iron: 0.3mg (1.65%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.14mg (1.41%), Calcium: 13.66mg (1.37%), Zinc: 0.2mg (1.32%)