



## Strawberry Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



123 kcal

DESSERT

### Ingredients

- 0.3 cup juice of lemon fresh
- 1 pinch salt
- 16 ounces strawberries hulled ripe sliced
- 0.8 cup sugar

### Equipment

- food processor
- bowl
- sieve

- baking pan
- aluminum foil

## Directions

- Place an 8-inch square baking pan in the freezer. Puree strawberries with sugar and salt in a food processor.
- Add 1 1/2 cups water and lemon juice and pulse to combine.
- Pour through a large fine-mesh sieve set over a large glass measure or bowl, pressing hard on solids to extract as much liquid as possible.
- Pour mixture into cold baking pan.
- Cover tightly with aluminum foil and freeze for 1 hour, or until ice crystals form around edges. Stir mixture well with a fork to incorporate ice and break up any chunks. Continue to freeze, scraping ice at edges into center and breaking up pieces with a fork every 30 minutes, for 2 1/2 to 3 hours, until granita is granular but still slightly slushy.
- Use a fork to scrape across granita surface, transferring ice shards to glasses or bowls, and serve immediately, garnished with whipped cream, if desired.

## Nutrition Facts



**PROTEIN 1.66%**   **FAT 2.28%**   **CARBS 96.06%**

## Properties

Glycemic Index:18.35, Glycemic Load:19.17, Inflammation Score:-3, Nutrition Score:4.7773913559706%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 122.68kcal (6.13%), Fat: 0.33g (0.51%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 29.86g (10.86%), Sugar: 28.9g (32.11%), Cholesterol: 0mg (0%), Sodium: 7.57mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 48.39mg (58.65%), Manganese: 0.29mg (14.7%), Fiber: 1.54g (6.17%), Folate: 20.18µg (5.04%), Potassium: 126.64mg (3.62%), Magnesium: 10.44mg (2.61%), Vitamin B6: 0.04mg (2.01%), Copper: 0.04mg (1.98%), Phosphorus: 18.96mg (1.9%), Iron: 0.33mg (1.84%), Vitamin K: 1.66µg (1.58%), Vitamin E: 0.23mg (1.56%), Vitamin B3: 0.3mg (1.51%), Vitamin B1: 0.02mg (1.37%), Vitamin B2: 0.02mg (1.35%), Calcium: 12.96mg (1.3%), Vitamin B5: 0.11mg (1.08%)