



## Strawberry Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

DESSERT

### Ingredients

- 2 tablespoons juice of lemon fresh
- 3 cups strawberries sliced
- 0.5 cup sugar
- 0.5 cup warm water

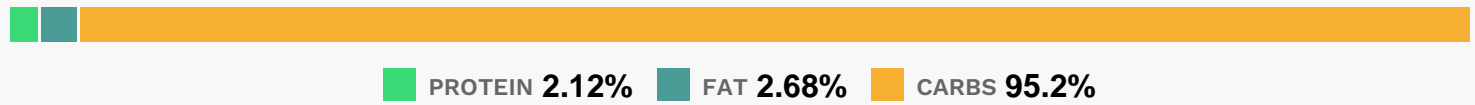
### Equipment

- blender
- baking pan

# Directions

- Combine the sugar and water in a blender; process until sugar dissolves.
- Add strawberries and juice; process until smooth.
- Pour mixture into an 8-inch square baking dish. Cover and freeze 3 hours; stir well. Cover and freeze 5 hours or overnight.
- Remove mixture from freezer; let stand at room temperature 10 minutes. Scrape entire mixture with a fork until fluffy.

# Nutrition Facts



# Properties

Glycemic Index:27.52, Glycemic Load:19.91, Inflammation Score:-4, Nutrition Score:6.6186955791453%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 132.46kcal (6.62%), Fat: 0.42g (0.65%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 31.53g (11.47%), Sugar: 30.42g (33.8%), Cholesterol: 0mg (0%), Sodium: 2.88mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 66.41mg (80.49%), Manganese: 0.42mg (20.94%), Fiber: 2.18g (8.73%), Folate: 27.42µg (6.86%), Potassium: 173.46mg (4.96%), Magnesium: 14.79mg (3.7%),

Copper: 0.06mg (2.98%), Vitamin B6: 0.05mg (2.71%), Phosphorus: 26.52mg (2.65%), Iron: 0.46mg (2.56%),  
Vitamin K: 2.38µg (2.26%), Vitamin E: 0.32mg (2.16%), Vitamin B3: 0.42mg (2.12%), Calcium: 18.87mg (1.89%),  
Vitamin B1: 0.03mg (1.85%), Vitamin B2: 0.03mg (1.74%), Vitamin B5: 0.14mg (1.45%), Zinc: 0.16mg (1.07%)