



Strawberry Granita with Whipped Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 pinch salt
- ☐ 1.7 cups strawberries hulled sliced
- ☐ 0.8 cup sugar
- ☐ 1.5 cups water cold
- ☐ 1 cup whipping cream chilled

Equipment

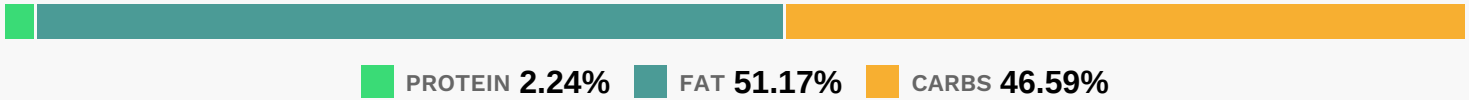
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Puree strawberries, sugar, and salt in processor until smooth.
- ☐ Add water and lemon juice and process to blend. Strain into 8x8x2-inch metal baking pan. Cover with foil and place in freezer. Stir with fork every hour until frozen, about 4 hours. DO AHEAD Can be made 2 days ahead. Keep frozen. Using fork, scrape granita down length of pan, forming icy flakes. Return to freezer. Beat 1 cup chilled whipping cream until firm peaks form. Divide cream among dishes. Spoon granita over and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:13.77, Inflammation Score:-4, Nutrition Score:3.265217392341%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg, Pelargonidin: 7.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 184.62kcal (9.23%), Fat: 10.91g (16.78%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 21.73g (7.9%), Sugar: 21.24g (23.6%), Cholesterol: 33.62mg (11.21%), Sodium: 15.66mg (0.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin C: 20.77mg (25.17%), Vitamin A: 441.38IU (8.83%), Manganese: 0.12mg (5.89%), Vitamin B2: 0.07mg (3.96%), Vitamin D: 0.48µg (3.17%), Calcium: 26.41mg

(2.64%), Phosphorus: 25.07mg (2.51%), Fiber: 0.62g (2.49%), Vitamin E: 0.37mg (2.48%), Folate: 9.91µg (2.48%), Potassium: 82.39mg (2.35%), Magnesium: 6.88mg (1.72%), Selenium: 1.13µg (1.62%), Vitamin K: 1.61µg (1.54%), Vitamin B6: 0.03mg (1.4%), Copper: 0.03mg (1.37%), Vitamin B5: 0.12mg (1.23%)