



Strawberry-Hibiscus Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 0.5 cup agave nectar light () (nectar)
- ☐ 1 sprig basil for garnish
- ☐ 2 tablespoons hibiscus petals dried
- ☐ 1 tablespoon juice of lime fresh ()
- ☐ 1 pound strawberries diced hulled quartered for garnish

Equipment

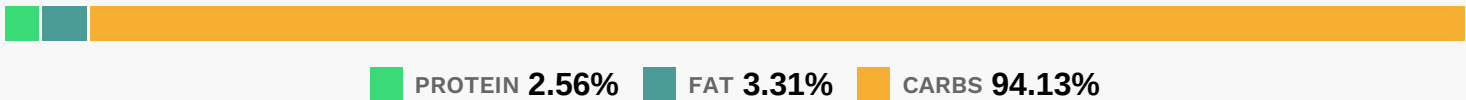
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Bring 1 1/2 cups water to a boil in a small saucepan. Stir in hibiscus and basil sprig.
- ☐ Remove from heat, cover, and steep for 20 minutes. Strain through a fine-mesh sieve into a small bowl. Cover and chill hibiscus tea until cold, at least 1 hour.
- ☐ Meanwhile, blend quartered strawberries in a blender until finely puréed.
- ☐ Transfer to a large bowl; add tea, agave syrup, and 1 tablespoon lime juice. Season to taste, adding more agave and lime juice, if desired.
- ☐ Pour strawberry mixture into a 13x9x2" metal pan and freeze until top layer begins to harden, about 2 hours. Using a fork, scrape mixture to break frozen portions into tiny pieces. Freeze for 30 minutes; scrape again. Repeat until granita resembles fluffy shaved ice, about 4 hours.
- ☐ Divide among bowls.
- ☐ Garnish with basil leaves and diced strawberries.

Nutrition Facts



Properties

Glycemic Index: 62.5, Glycemic Load: 11.45, Inflammation Score: -7, Nutrition Score: 12.841304302216%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg, Pelargonidin: 56.36mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg, Catechin: 7.05mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin:

0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 245.18kcal (12.26%), Fat: 0.94g (1.45%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 60.1g (20.03%), Net Carbohydrates: 55.4g (20.15%), Sugar: 48.62g (54.02%), Cholesterol: 0mg (0%), Sodium: 5.25mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 145.14mg (175.92%), Manganese: 0.89mg (44.55%), Vitamin K: 21.56µg (20.53%), Fiber: 4.69g (18.77%), Folate: 72.51µg (18.13%), Vitamin B6: 0.24mg (11.98%), Potassium: 363.88mg (10.4%), Vitamin B2: 0.14mg (8.38%), Vitamin B1: 0.12mg (8.25%), Vitamin E: 1.22mg (8.14%), Magnesium: 31.72mg (7.93%), Vitamin B3: 1.28mg (6.4%), Copper: 0.12mg (5.98%), Iron: 1.03mg (5.72%), Phosphorus: 56.74mg (5.67%), Calcium: 40.84mg (4.08%), Vitamin B5: 0.29mg (2.95%), Selenium: 1.85µg (2.65%), Vitamin A: 127.48IU (2.55%), Zinc: 0.34mg (2.29%)