



Summer Melon with Basil-Mint Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 3 small bitter melon peeled halved lengthwise seeded cut into 8 wedges (3/4 inch wide),
- ☐ 0.8 cup basil fresh chopped
- ☐ 0.8 cup mint leaves fresh chopped
- ☐ 1.5 cups juice of lime fresh
- ☐ 2 tablespoons lime zest grated
- ☐ 2 tablespoons mint leaves fresh thinly sliced for garnish
- ☐ 0.8 cup sugar
- ☐ 1.3 cups water

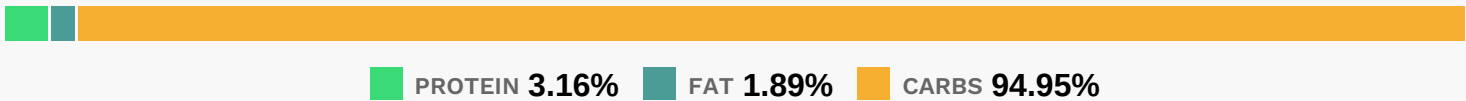
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Mix sugar, chopped mint, basil, and lime peel in medium bowl. Mash with wooden spoon until herbs turn dark green, about 3 minutes. Stir in lime juice and 1 1/4 cups water.
- ☐ Let stand 1 hour. Strain into large bowl, pressing on solids.
- ☐ Transfer 1/2 cup lime syrup to small pitcher; cover and refrigerate.
- ☐ Pour remaining lime syrup into 13x9x2-inch metal baking dish.
- ☐ Place dish in freezer. Stir syrup with fork every hour until frozen, about 4 hours. (Can be made 1 day ahead. Cover and keep frozen.)
- ☐ Divide melon wedges among 8 shallow soup bowls.
- ☐ Drizzle melon with reserved lime syrup. Scrape granita into flakes with fork. Spoon generous 1/2 cup granita atop melon in each bowl.
- ☐ Sprinkle with sliced mint leaves, garnish with mint sprigs, and serve.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:13.14, Inflammation Score:-6, Nutrition Score:5.7547826157964%

Flavonoids

Eriodictyol: 2.68mg, Eriodictyol: 2.68mg, Eriodictyol: 2.68mg, Eriodictyol: 2.68mg Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg, Hesperetin: 5.27mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 94.26kcal (4.71%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 23.14g (8.42%), Sugar: 19.51g (21.68%), Cholesterol: 0mg (0%), Sodium: 6.5mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin C: 45.49mg (55.14%), Vitamin A: 538.7IU (10.77%), Folate: 37.53µg (9.38%), Vitamin K: 9.62µg (9.16%), Fiber: 1.67g (6.69%), Manganese: 0.13mg (6.51%), Potassium: 195.98mg (5.6%), Magnesium: 15.83mg (3.96%), Calcium: 32.04mg (3.2%), Iron: 0.56mg (3.1%), Copper: 0.06mg (2.95%), Zinc: 0.4mg (2.68%), Vitamin B2: 0.04mg (2.4%), Phosphorus: 22.69mg (2.27%), Vitamin B6: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.07%), Vitamin B3: 0.32mg (1.6%), Vitamin B5: 0.16mg (1.56%)