

# Tangerine Granita with Vanilla Bean Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

DESSERT

## Ingredients

- 2 tablespoons sugar
- 3 cups tangerine juice fresh
- 1 vanilla pod split
- 0.8 cup whipping cream

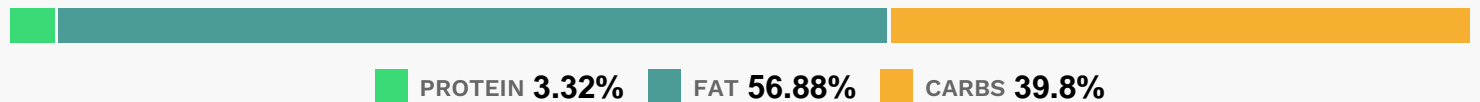
## Equipment

- bowl
- whisk
- baking pan

## Directions

- Place cream in small bowl. Scrape in seeds from vanilla bean; add bean.
- Mix in 2 tablespoons sugar. Cover bowl and refrigerate vanilla cream for at least 2 hours or overnight.
- Combine tangerine juice and 2/3 cup sugar in 8-inch square metal baking pan; whisk until sugar dissolves. Freeze 1 hour; stir well. Cover and freeze until solid, at least 3 hours or overnight.
- Spoon 2 tablespoons vanilla cream into each of 6 bowls or Martini glasses. Using fork, scrape granita into flakes. Mound granita into glasses and serve.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:4.8408695640771%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 21.13mg, Hesperetin: 21.13mg, Hesperetin: 21.13mg, Hesperetin: 21.13mg Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 171.61kcal (8.58%), Fat: 11.12g (17.11%), Saturated Fat: 6.87g (42.95%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 17.26g (6.28%), Sugar: 17.09g (18.99%), Cholesterol: 33.62mg (11.21%), Sodium: 9.31mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin C: 36.49mg (44.23%), Vitamin A: 749.78IU (15%), Potassium: 248.17mg (7.09%), Vitamin B1: 0.08mg (5.09%), Vitamin B2: 0.08mg (4.79%), Calcium: 41.9mg (4.19%), Phosphorus: 34.54mg (3.45%), Vitamin D: 0.48µg (3.17%), Vitamin B6: 0.06mg (3.11%), Magnesium: 11.96mg (2.99%), Vitamin E: 0.43mg (2.89%), Manganese: 0.05mg (2.31%), Vitamin B5: 0.23mg (2.3%), Folate: 7.36µg (1.84%), Copper: 0.03mg (1.72%), Iron: 0.28mg (1.55%), Selenium: 1.04µg (1.49%)