



Tangerine Granita with Vanilla Bean Cream



Vegetarian



Gluten Free

READY IN



250 min.

SERVINGS



6

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 0.7 cup sugar
- ☐ 3 cups tangerine juice fresh
- ☐ 1 vanilla pod split
- ☐ 0.8 cup whipping cream

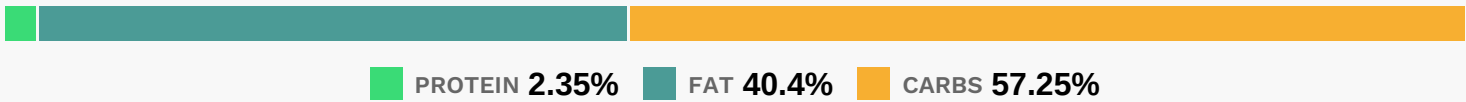
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Combine tangerine juice and 2/3 cup sugar in 8-inch square metal baking pan and whisk until sugar dissolves. Freeze tangerine mixture 1 hour, then stir well. Cover and freeze until solid, at least 3 hours or overnight.
- ☐ 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.
- ☐ Spoon 2 tablespoons vanilla cream into each of 6 glasses. Using fork, scrape granita into flakes. Mound granita into glasses and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:15.51, Inflammation Score:-6, Nutrition Score:4.8643478025561%

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: 241.77kcal (12.09%), Fat: 11.18g (17.2%), Saturated Fat: 6.87g (42.95%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 35.41g (12.88%), Sugar: 35.27g (39.19%), Cholesterol: 33.62mg (11.21%), Sodium: 9.49mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin C: 36.49mg (44.23%), Vitamin A: 749.78IU (15%), Potassium: 248.54mg (7.1%), Vitamin B1: 0.08mg (5.09%), Vitamin B2: 0.08mg (4.99%), Calcium: 42.09mg (4.21%), 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 (2.34%), Vitamin B5: 0.23mg (2.3%), Folate: 7.36µg (1.84%), Copper: 0.04mg (1.79%), Selenium: 1.15µg (1.64%), Iron: 0.29mg (1.6%)