



Textures of Lychee



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

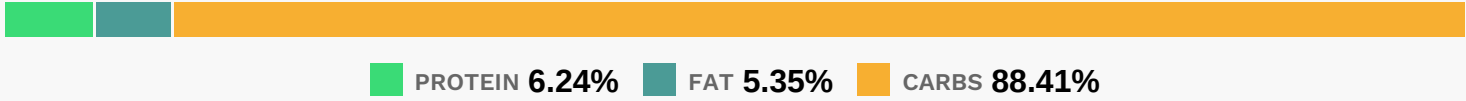
- ☐ 1 leaf gelatin powder
- ☐ 0.5 lemon's juice
- ☐ 40 g lychee liquid
- ☐ 210 g lychee
- ☐ 1 Tbs vodka
- ☐ 500 g water

Equipment

Directions

☐ Prepare the jelly and granita the day before.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:10.16, Inflammation Score:-4, Nutrition Score:7.1426087262352%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 103.15kcal (5.16%), Fat: 0.57g (0.87%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 19.5g (7.09%), Sugar: 19.19g (21.32%), Cholesterol: 0mg (0%), Sodium: 14.88mg (0.65%), Alcohol: 2.51g (100%), Alcohol %: 0.81% (100%), Protein: 1.49g (2.98%), Vitamin C: 92.28mg (111.85%), Copper: 0.24mg (11.89%), Fiber: 1.65g (6.59%), Vitamin B6: 0.13mg (6.42%), Potassium: 221.63mg (6.33%), Vitamin B2: 0.08mg (4.94%), Folate: 19.15µg (4.79%), Phosphorus: 39.92mg (3.99%), Magnesium: 15.56mg (3.89%), Vitamin B3: 0.76mg (3.8%), Manganese: 0.07mg (3.51%), Iron: 0.4mg (2.22%), Calcium: 14.48mg (1.45%), Selenium: 0.95µg (1.36%), Vitamin B1: 0.02mg (1.07%)