



Watermelon and Lime Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 0.5 cup juice of lime fresh (5 limes)
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water
- ☐ 4 cups watermelon seedless cubed

Equipment

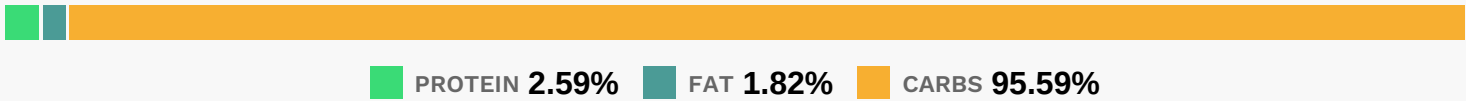
- ☐ bowl
- ☐ sauce pan
- ☐ blender

☐ baking pan

Directions

- ☐ Place sugar and 1/2 cup water in a small saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 3 minutes.
- ☐ Remove from heat.
- ☐ Place sugar mixture in a small bowl; cool 10 minutes. Cover and chill at least 30 minutes.
- ☐ Place sugar mixture, watermelon, and juice in a blender; process until smooth.
- ☐ Pour watermelon mixture into an 11 x 7-inch baking dish; cover and freeze 3 hours. Stir well. Cover and freeze at least 2 hours or overnight.
- ☐ Remove mixture from freezer, and let stand at room temperature for 10 minutes. Scrape the entire mixture with a fork until fluffy.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:17.04, Inflammation Score:-5, Nutrition Score:2.6369565368994%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 99.61kcal (4.98%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 25.46g (9.26%), Sugar: 23.26g (25.84%), Cholesterol: 0mg (0%), Sodium: 2.57mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin C: 14.26mg (17.28%), Vitamin A: 586.67IU (11.73%), Potassium: 137.42mg (3.93%), Magnesium: 11.94mg (2.99%), Vitamin B6: 0.05mg (2.66%), Copper: 0.05mg (2.62%), Vitamin B1: 0.04mg (2.57%), Vitamin B5: 0.25mg (2.49%), Manganese: 0.04mg (2.14%), Fiber: 0.49g (1.94%), Vitamin B2: 0.03mg (1.62%), Iron: 0.27mg (1.5%), Phosphorus: 13.97mg (1.4%), Folate: 5.06µg (1.26%), Calcium: 10.67mg (1.07%), Vitamin B3: 0.21mg (1.05%)