

Watermelon-Berry Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

DESSERT

Ingredients

- 2 tablespoons juice of lemon fresh
- 1 pinch salt
- 1 large strawberries hulled ripe
- 0.5 cup sugar
- 7 cups watermelon seeded (from)

Equipment

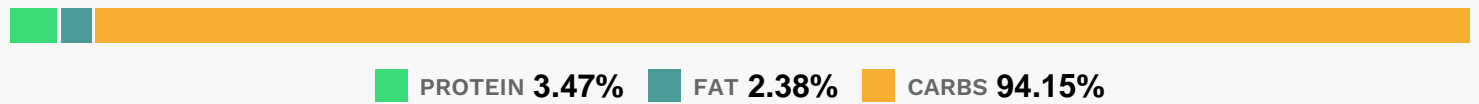
- frying pan
- whisk

- blender
- baking pan

Directions

- Working in batches, puree watermelon in blender until smooth. Return 4 cups puree to blender.
- Add next 4 ingredients. Blend until smooth.
- Pour mixture into 13x9x2-inch metal baking pan. Freeze until icy at edge of pan, about 45 minutes.
- Whisk to distribute frozen portions evenly. Freeze again until icy at edge of pan and overall texture is slushy, about 45 minutes.
- Whisk to distribute frozen portions evenly. Then freeze until solid, about 3 hours. Using fork, scrape granita down length of pan, forming icy flakes. Freeze at least 1 hour. (Can be made 1 day ahead. Cover; keep frozen.)
- Serve with Melon and Berry Compote.
- Working quickly, scoop icy flakes into dessert dishes. Spoon compote alongside.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:15.9, Inflammation Score:-5, Nutrition Score:3.0356521327858%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 89.93kcal (4.5%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 22.4g (8.14%), Sugar: 20.98g (23.31%), Cholesterol: 0mg (0%), Sodium: 6.37mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin C: 14.21mg (17.22%), Vitamin A: 757.4IU (15.15%), Potassium: 158.24mg (4.52%), Magnesium: 13.96mg (3.49%), Manganese: 0.06mg (3.23%), Vitamin B6: 0.06mg (3.16%), Vitamin B1: 0.05mg (3.04%), Vitamin B5: 0.3mg (3.03%), Copper: 0.06mg (2.95%), Fiber: 0.61g (2.44%), Iron: 0.34mg (1.9%), Vitamin B2: 0.03mg (1.86%), Phosphorus: 15.74mg (1.57%), Folate: 5.55µg (1.39%), Vitamin B3: 0.25mg (1.27%), Calcium: 10.2mg (1.02%)