



Watermelon Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

DESSERT

Ingredients



1 tablespoon juice of lime fresh



0.5 cup sugar



1.8 pounds seeded/seedless watermelon seedless cubed (from a 4 pound melon)

Equipment



blender



baking pan

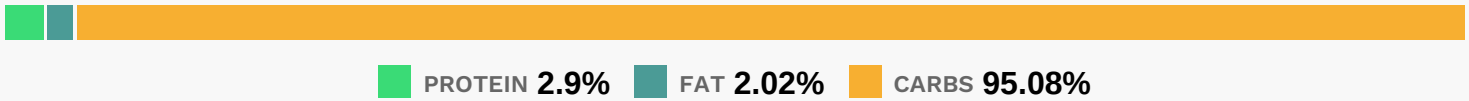


aluminum foil

Directions

- ☐
- Purée all ingredients in a blender until smooth.
- ☐
- Pour into a 9x9x2" metal baking pan. Freeze mixture for 1 hour. Stir, mashing any frozen parts with the back of a fork. Cover and freeze mixture until firm, about 2 hours. Using a fork, scrape granita vigorously to form icy flakes. DO AHEAD: Can be made 3 days ahead. Cover tightly with foil and keep frozen. Give it a quick scrape before serving.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:18.7, Inflammation Score:-5, Nutrition Score:2.7826086716807%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.48kcal (5.22%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 26.26g (9.55%), Sugar: 24.88g (27.64%), Cholesterol: 0mg (0%), Sodium: 1.54mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin A: 754.02IU (15.08%), Vitamin C: 11.47mg (13.9%), Potassium: 151.43mg (4.33%), Magnesium: 13.43mg (3.36%), Vitamin B6: 0.06mg (3.02%), Vitamin B5: 0.3mg (2.95%), Vitamin B1: 0.04mg (2.95%), Copper: 0.06mg (2.87%), Manganese: 0.05mg (2.57%), Fiber: 0.54g (2.16%), Vitamin B2: 0.03mg (1.84%), Iron: 0.33mg (1.82%), Phosphorus: 14.9mg (1.49%), Vitamin B3: 0.24mg (1.2%), Folate: 4.22µg (1.05%)