

Watermelon Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

DESSERT

Ingredients



1 teaspoon juice of lime



2 teaspoons lime zest grated



1 cup sugar



2 pounds watermelon unpeeled seeded chopped (3 lb.)

Equipment



bowl



frying pan



sieve

- ☐ blender
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ In a 1- to 2-quart pan over high heat, combine 1 cup water, sugar, and lime peel and bring to a boil.
- ☐ Let cool, then pour through a fine strainer into a bowl.
- ☐ In a blender, whirl watermelon and 1 cup of the lime syrup until smooth. If there are seeds, pour mixture through a fine strainer into a bowl. Stir in the lime juice.
- ☐ Add syrup and/or lime juice to taste (mixture will taste less sweet once frozen).
- ☐ Pour pure into an 8-inch square baking pan. Cover with plastic wrap and freeze until mixture has started to freeze at the edges but is still slushy, 2 to 3 hours. Stir the mixture thoroughly, scraping the sides down. Cover and freeze until solid, at least 8 hours.
- ☐ To serve, scrape with a fork to make large flakes and spoon into chilled glasses or bowls.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:47.04, Inflammation Score:-7, Nutrition Score:4.7508695766978%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 261.15kcal (13.06%), Fat: 0.5g (0.77%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 67.13g (22.38%), Net Carbohydrates: 66.19g (24.07%), Sugar: 64g (71.11%), Cholesterol: 0mg (0%), Sodium: 2.81mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin A: 1291.6IU (25.83%), Vitamin C: 19.04mg (23.07%), Potassium: 257.49mg (7.36%), Magnesium: 22.84mg (5.71%), Vitamin B6: 0.1mg (5.15%), Vitamin B5: 0.5mg

(5.05%), Vitamin B1: 0.08mg (5.03%), Copper: 0.1mg (4.99%), Manganese: 0.09mg (4.42%), Fiber: 0.94g (3.76%), Vitamin B2: 0.06mg (3.38%), Iron: 0.58mg (3.2%), Phosphorus: 25.3mg (2.53%), Vitamin B3: 0.41mg (2.04%), Folate: 7.01µg (1.75%), Selenium: 1.21µg (1.73%), Calcium: 16.88mg (1.69%), Zinc: 0.23mg (1.56%)