



Watermelon Granita with Blueberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar
- ☐ 2 cups blueberries fresh
- ☐ 0.5 cup juice of lime fresh
- ☐ 6 mint leaves
- ☐ 2 pounds seeded/seedless watermelon seedless cubed

Equipment

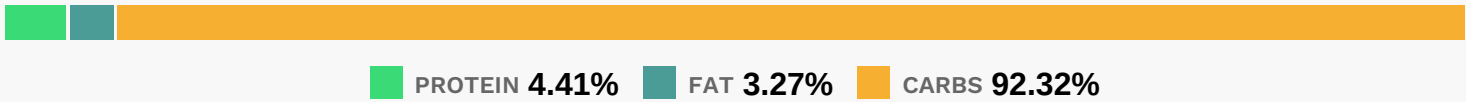
- ☐ food processor
- ☐ frying pan

☐ sieve

Directions

- ☐ In a food processor, puree watermelon, working in 2 batches. Strain puree through a sieve, reserving liquid; discard solids. In a 9" x 13" metal pan, combine watermelon puree, juice and agave. Freeze, scraping thoroughly with a fork every 20 to 30 minutes, until granita resembles coarse crystals, 2 to 4 hours.
- ☐ Remove from freezer; scrape granita once more with a fork. Divide among 6 glasses. Top each with 1/3 cup blueberries and a mint sprig, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:21.61, Glycemic Load:11.86, Inflammation Score:-7, Nutrition Score:6.1121738941773%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 117.11kcal (5.86%), Fat: 0.47g (0.72%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 29.75g (9.92%), Net Carbohydrates: 27.78g (10.1%), Sugar: 22.94g (25.49%), Cholesterol: 0mg (0%), Sodium: 3.21mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 25.48mg (30.88%), Vitamin A: 939.52IU (18.79%), Manganese: 0.24mg (11.96%), Vitamin K: 12.54µg (11.95%), Fiber: 1.97g (7.9%), Potassium: 237.1mg (6.77%),

Vitamin B6: 0.13mg (6.56%), Vitamin B1: 0.09mg (5.93%), Magnesium: 20.62mg (5.15%), Copper: 0.1mg (5.07%),
Vitamin B2: 0.08mg (4.58%), Vitamin B5: 0.42mg (4.24%), Folate: 14.32µg (3.58%), Vitamin E: 0.52mg (3.47%), Iron:
0.58mg (3.23%), Vitamin B3: 0.61mg (3.03%), Phosphorus: 26.23mg (2.62%), Calcium: 18.92mg (1.89%), Zinc:
0.26mg (1.72%), Selenium: 0.88µg (1.26%)