



Watermelon Granita with Gingered Strawberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 4 cups strawberries hulled quartered
- ☐ 0.8 cup sugar divided
- ☐ 4 cups seeded/seedless watermelon seedless cubed

Equipment

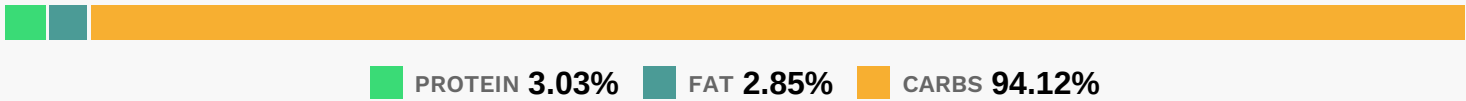
- ☐ frying pan

- ☐ whisk
- ☐ blender

Directions

- ☐ Puree melon, 1/4 cup sugar, 1 tablespoonlemon juice, and pinch of salt in blender;pour into 8–inch square pan. Freeze 1 hour;whisk. Freeze until solid, 3 hours. With fork,scape into icy flakes. Cover; keep frozen.
- ☐ Stir 1/2 cup sugar, 2 tablespoons lemonjuice, and ginger in pan over low heat untilsugar melts; cool.
- ☐ Mix in berries.
- ☐ Layerberries with syrup and granita in glasses.
- ☐ Per serving:166 calories,0 g fat,3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:33.29, Glycemic Load:25.07, Inflammation Score:-6, Nutrition Score:8.0047825626705%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 159.95kcal (8%), Fat: 0.55g (0.84%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 38.28g (13.92%), Sugar: 36.14g (40.15%), Cholesterol: 0mg (0%), Sodium: 2.45mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 67.62mg (81.96%), Manganese: 0.41mg (20.68%), Vitamin A: 588.56IU (11.77%), Fiber: 2.37g (9.48%), Potassium: 273.44mg (7.81%), Folate: 27.71µg (6.93%), Magnesium: 23.57mg (5.89%), Vitamin B6: 0.1mg (4.8%), Copper: 0.09mg (4.71%), Vitamin B1: 0.06mg (3.9%), Iron: 0.66mg (3.68%), Vitamin B5: 0.36mg (3.56%), Phosphorus: 35.18mg (3.52%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.57mg (2.83%), Calcium: 23.34mg (2.33%), Vitamin E: 0.34mg (2.29%), Vitamin K: 2.21µg (2.11%), Zinc: 0.25mg (1.64%), Selenium: 0.95µg (1.36%)