



White Port and Watermelon Granita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



104 kcal

DESSERT

Ingredients

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest shredded
- ☐ 1 cup port white
- ☐ 0.8 cup sugar
- ☐ 6 cups watermelon divided cubed seeded

Equipment

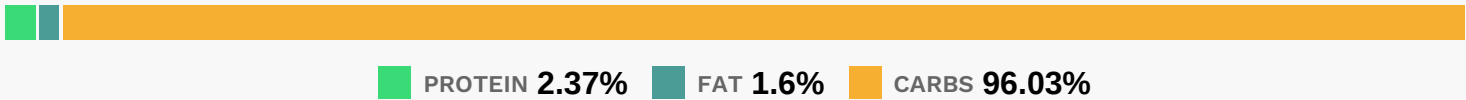
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ blender
- ☐ baking pan

Directions

- ☐ In a small saucepan over high heat, bring 1 cup water, sugar, and lime zest to a boil; stir until sugar is dissolved.
- ☐ Strain into a blender and add 3 cups cubed seeded watermelon. Whirl until smooth and pour into a 9- by 13-in. metal baking pan.
- ☐ Add 3 more cups watermelon to blender along with port and lime juice; whirl until smooth, add to pan, and mix well.
- ☐ Cover and freeze until mixture is beginning to freeze at the edges, about 2 hours. Stir, cover, and freeze until solid, about 6 hours. Just before serving, scrape into soft clumps with a fork. Spoon into chilled glasses or bowls.

Nutrition Facts



Properties

Glycemic Index:14.73, Glycemic Load:12.8, Inflammation Score:-4, Nutrition Score:1.8978261095674%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 104.34kcal (5.22%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 21.07g (7.66%), Sugar: 18.84g (20.93%), Cholesterol: 0mg (0%), Sodium: 2.8mg (0.12%), Alcohol:

3.06g (100%), Alcohol %: 3.4% (100%), Protein: 0.53g (1.06%), Vitamin C: 7.81mg (9.47%), Vitamin A: 435.21IU (8.7%), Potassium: 110.18mg (3.15%), Manganese: 0.05mg (2.71%), Magnesium: 9.83mg (2.46%), Copper: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.01%), Vitamin B5: 0.18mg (1.82%), Vitamin B6: 0.04mg (1.82%), Iron: 0.24mg (1.36%), Fiber: 0.34g (1.35%), Vitamin B2: 0.02mg (1.34%), Phosphorus: 10.96mg (1.1%)