



Wine, Honeydew, and Tarragon Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



4

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 2 cups wedges honeydew melon cubed
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons tarragon leaves fresh whole chopped for garnish
- ☐ 0.7 cup white wine

Equipment

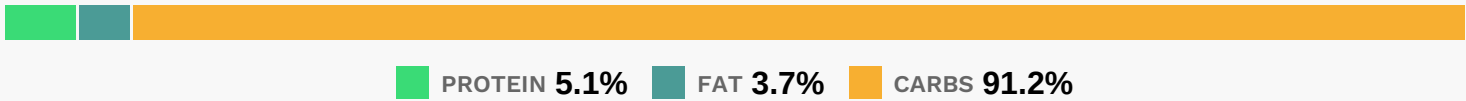
- ☐ sauce pan

- ☐ mixing bowl
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine the wine and sugar in a saucepan and bring to a simmer, stirring until the sugar is dissolved, then cool.
- ☐ Puree the honeydew and tarragon in a blender, then strain through a fine-mesh sieve into a mixing bowl.
- ☐ Combine the wine, honeydew juice, lemon juice, and a pinch of salt, then transfer to a square baking dish. Put in the freezer until firm, scraping and stirring with a fork every 30 minutes until the mixture is slushy, about 2 hours.
- ☐ Serve garnished with tarragon leaves or sprigs.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:9.93, Inflammation Score:-4, Nutrition Score:4.8982608162838%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 122.13kcal (6.11%), Fat: 0.42g (0.64%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 22.12g (8.04%), Sugar: 19.79g (21.99%), Cholesterol: 0mg (0%), Sodium: 213.4mg (9.28%), Alcohol: 4.12g (100%), Alcohol %: 3.66% (100%), Protein: 1.29g (2.58%), Vitamin C: 17.53mg (21.25%), Manganese: 0.35mg (17.49%), Potassium: 329.48mg (9.41%), Vitamin B6: 0.18mg (8.99%), Iron: 1.39mg (7.73%), Folate: 26.39µg (6.6%), Magnesium: 24.73mg (6.18%), Calcium: 48.88mg (4.89%), Vitamin B2: 0.07mg (3.86%), Vitamin A: 189.57IU (3.79%),

Fiber: 0.94g (3.77%), Vitamin B3: 0.71mg (3.56%), Vitamin B1: 0.04mg (2.89%), Phosphorus: 27.6mg (2.76%),
Vitamin K: 2.63µg (2.5%), Copper: 0.05mg (2.35%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.15mg (1.51%), Selenium:
0.87µg (1.24%)