



Yogurt Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



180 min.

SERVINGS



6

CALORIES



30 kcal

Ingredients

- 2 cups strawberries (we're partial to strawberry or lemon)
- 10 ounce strawberries (fresh frozen with their juices), or 1 quart strawberries thawed

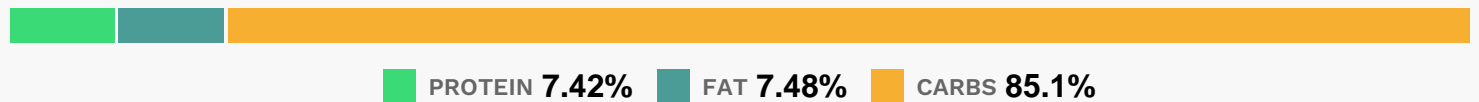
Equipment

- bowl
- frying pan
- baking pan
- ziploc bags

Directions

- In a large bowl, smash the strawberries into the yogurt, stirring to combine.
- Pour the mixture into a shallow pan (a metal baking pan works) and place it in the freezer, uncovered, for 1 hour.
- Remove the pan from the freezer and stir the yogurt well, breaking up any clusters of ice crystals that have formed.
- Return it to the freezer. Continue stirring every half hour, breaking up new clusters as they form, until the granita is completely frozen but scoopable, about 2 more hours.
- Scoop and serve, garnished with fresh berries, if desired. (Store any leftovers in the freezer in a covered container or resealable plastic bag.)
- TIP
- If you have fresh mint on hand, mix a finely chopped handful of it into the yogurt and berries before you start freezing.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:5.5934781892144%

Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg 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: 23.67mg, Pelargonidin: 23.67mg, Pelargonidin: 23.67mg, Pelargonidin: 23.67mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg 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: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 30.48kcal (1.52%), Fat: 0.29g (0.44%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 5.41g (1.97%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 0.95mg (0.04%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 56.01mg (67.89%), Manganese: 0.37mg (18.38%), Fiber: 1.9g (7.62%), Folate: 22.86µg (5.71%), Potassium: 145.73mg (4.16%), Magnesium: 12.38mg (3.1%), Phosphorus: 22.86mg (2.29%), Copper: 0.05mg (2.29%), Vitamin B6: 0.04mg (2.24%), Iron: 0.39mg (2.17%), Vitamin K: 2.1µg (2%), Vitamin E: 0.28mg (1.84%), Vitamin B3: 0.37mg (1.84%), Vitamin B1: 0.02mg (1.52%), Calcium: 15.24mg (1.52%), Vitamin B2: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.19%)