



Baby Pineapples Filled with Pineapple Sherbet



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

Ingredients



6 peas



1 slices lemon zest



1.5 quarts pineapple sherbet

Equipment

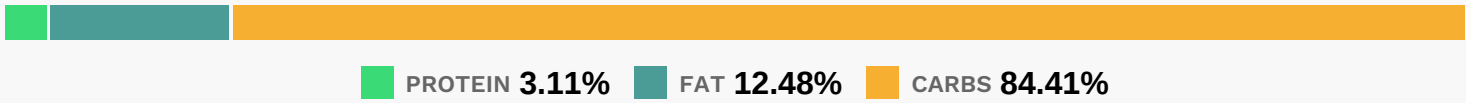
Directions



Cut tops from pineapples; reserve for garnish.

- ☐
- Cut and remove centers, leaving a 1-inch-thick shell. Fill with pineapple sherbet; garnish, if desired.
- ☐
- *You can order baby pineapples from Frieda's, 800/241-1771 or friedas.com.

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:35.15, Inflammation Score:-2, Nutrition Score:4.8147826155891%

Nutrients (% of daily need)

Calories: 341.58kcal (17.08%), Fat: 4.74g (7.29%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 72.09g (24.03%), Net Carbohydrates: 68.94g (25.07%), Sugar: 57.55g (63.95%), Cholesterol: 2.37mg (0.79%), Sodium: 108.89mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin B2: 0.23mg (13.58%), Calcium: 128.23mg (12.82%), Fiber: 3.15g (12.6%), Phosphorus: 95.74mg (9.57%), Zinc: 1.15mg (7.66%), Vitamin C: 6.06mg (7.34%), Potassium: 229.83mg (6.57%), Vitamin B5: 0.53mg (5.32%), Vitamin B12: 0.31µg (5.13%), Selenium: 3.57µg (5.1%), Magnesium: 19.28mg (4.82%), Vitamin B1: 0.07mg (4.44%), Copper: 0.07mg (3.41%), Vitamin B6: 0.06mg (2.82%), Folate: 10.14µg (2.53%), Vitamin A: 116.56IU (2.33%), Iron: 0.35mg (1.93%), Manganese: 0.03mg (1.51%)