

# Cooked Fruit Salad Dressing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon butter
- 1 tablespoon cornstarch
- 1 eggs beaten
- 3 tablespoons juice of lemon
- 0.5 cup orange juice
- 20 ounces pineapple chunks canned
- 0.7 cup sugar

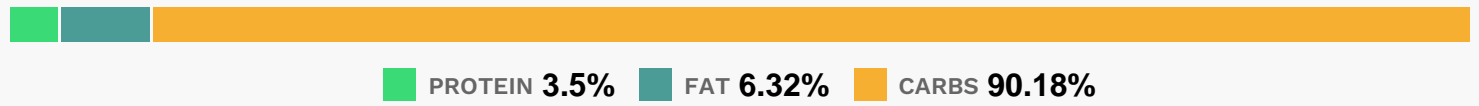
## Equipment

sauce pan

## Directions

- Drain pineapple, reserving the juice. Set pineapple aside for salad. In a saucepan, combine sugar and cornstarch. Stir in the pineapple juice, orange juice and lemon juice.
- Add egg, mix well. Cook over medium heat, stirring constantly, until slightly thickened and bubbly. Reduce heat; cook and stir 2 minutes more.
- Remove from the heat and stir in butter. Cover and chill.
- Serve over a mixture of fresh or canned fruit.

## Nutrition Facts



## Properties

Glycemic Index:10.76, Glycemic Load:6.23, Inflammation Score:-1, Nutrition Score:1.483043478235%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 64.41kcal (3.22%), Fat: 0.48g (0.73%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.8g (5.38%), Sugar: 14.1g (15.67%), Cholesterol: 10.57mg (3.52%), Sodium: 5.5mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin C: 8.29mg (10.05%), Vitamin B1: 0.04mg (2.99%), Copper: 0.04mg (2.23%), Fiber: 0.49g (1.96%), Potassium: 66.35mg (1.9%), Vitamin B6: 0.04mg (1.78%), Magnesium: 6.68mg (1.67%), Selenium: 1.06µg (1.52%), Folate: 5.96µg (1.49%), Vitamin B2: 0.02mg (1.43%), Vitamin A: 52.14IU (1.04%)