

Frosty Pineapple Salad

 **Gluten Free**

READY IN



10 min.

SERVINGS



12

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups buttermilk
- 20 ounces pineapple unsweetened crushed drained canned
- 0.8 cup sugar
- 8 ounces non-dairy whipped topping frozen thawed

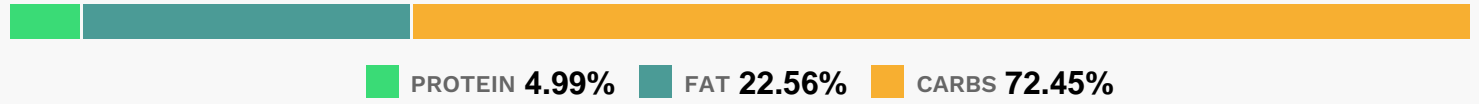
Equipment

- bowl

Directions

- In a small bowl, combine the buttermilk, sugar and pineapple. Fold in the whipped topping.
- Transfer to a 13-in. x 9-in. dish. Freeze for 4 hours or until firm.
- Remove from the freezer 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:9.18, Inflammation Score:-1, Nutrition Score:2.4200000225202%

Nutrients (% of daily need)

Calories: 137.41kcal (6.87%), Fat: 3.56g (5.48%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 25.11g (9.13%), Sugar: 25.14g (27.93%), Cholesterol: 3.68mg (1.23%), Sodium: 45.71mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Calcium: 55.6mg (5.56%), Vitamin C: 4.44mg (5.38%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.4%), Phosphorus: 42.79mg (4.28%), Potassium: 118.43mg (3.38%), Copper: 0.06mg (3.04%), Vitamin B12: 0.18µg (2.93%), Magnesium: 11.41mg (2.85%), Selenium: 1.83µg (2.61%), Vitamin D: 0.39µg (2.6%), Vitamin B6: 0.05mg (2.5%), Fiber: 0.61g (2.46%), Vitamin A: 87.11IU (1.74%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.11mg (1.14%), Folate: 4.43µg (1.11%)