



Frozen Pineapple on a Stick

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



31 kcal

SIDE DISH

Ingredients

- 0.8 cup coconut or shredded toasted
- 0.3 cup pineapple juice
- 8 pieces pineapple fresh (3x1 inch)

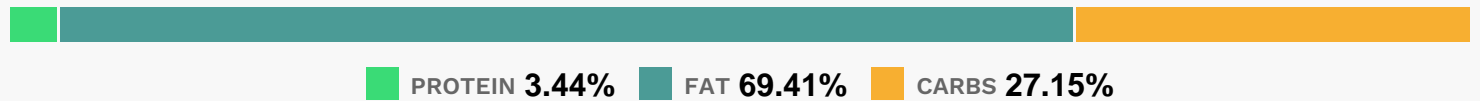
Equipment

- baking sheet
- skewers

Directions

- Line cookie sheet with waxed paper. Insert wooden skewer into narrow end of each piece of pineapple. Dip pineapple into juice, then roll in coconut, coating completely.
- Place on cookie sheet.
- Cover and freeze 1 to 2 hours or until firm.
- Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:1.0226086920694%

Nutrients (% of daily need)

Calories: 30.96kcal (1.55%), Fat: 2.52g (3.88%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.52g (0.55%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 1.66mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Manganese: 0.16mg (7.95%), Fiber: 0.7g (2.82%), Copper: 0.04mg (1.94%), Vitamin C: 1.46mg (1.77%), Iron: 0.21mg (1.16%), Selenium: 0.77µg (1.09%), Potassium: 37.38mg (1.07%)