

# Lemon Pineapple Fizz

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



2

CALORIES



251 kcal

SIDE DISH

## Ingredients

- 0.5 cup optional: lemon
- 1 cup lemon lime soda chilled
- 6 ounces pineapple rings chilled canned
- 1 cup whipped cream
- 1 drops food coloring yellow

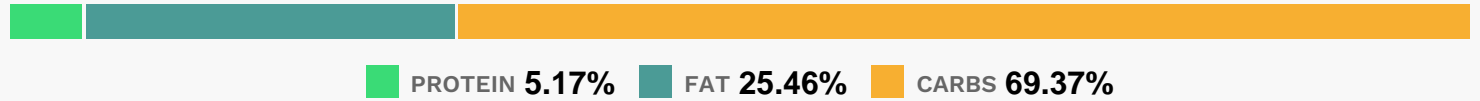
## Equipment

- blender

## Directions

- In a blender, combine the pineapple juice, ice cream, sherbet and food coloring if desired; cover and process until smooth.
- Pour into chilled glasses; stir in soda.

## Nutrition Facts



## Properties

Glycemic Index:43.25, Glycemic Load:10.1, Inflammation Score:-5, Nutrition Score:6.9904348280119%

## Flavonoids

Eriodictyol: 11.32mg, Eriodictyol: 11.32mg, Eriodictyol: 11.32mg, Eriodictyol: 11.32mg Hesperetin: 14.79mg, Hesperetin: 14.79mg, Hesperetin: 14.79mg, Hesperetin: 14.79mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 251.4kcal (12.57%), Fat: 7.51g (11.56%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 42.99g (15.63%), Sugar: 39.47g (43.85%), Cholesterol: 29.04mg (9.68%), Sodium: 66.51mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 3.43g (6.87%), Vitamin C: 36.48mg (44.22%), Fiber: 3.05g (12.21%), Calcium: 114.23mg (11.42%), Vitamin B2: 0.19mg (10.99%), Vitamin B1: 0.14mg (9%), Potassium: 311.12mg (8.89%), Phosphorus: 83.73mg (8.37%), Vitamin B6: 0.14mg (6.89%), Magnesium: 27.42mg (6.85%), Vitamin A: 332.04IU (6.64%), Copper: 0.13mg (6.29%), Vitamin B5: 0.48mg (4.84%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.58mg (3.89%), Iron: 0.64mg (3.55%), Folate: 13.38µg (3.35%), Selenium: 1.74µg (2.49%), Vitamin E: 0.29mg (1.96%), Vitamin B3: 0.39mg (1.94%), Manganese: 0.02mg (1.06%)