



## Pineapple-Basil Ice

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

### Ingredients

- 6 servings garnish: basil leaves fresh
- 0.5 cup basil leaves fresh loosely packed
- 1 tablespoon honey
- 3 cups pineapple juice

### Equipment

- food processor
- frying pan
- sieve

- blender
- measuring cup

## Directions

- Process 1/2 cup pineapple juice and basil leaves in a blender or food processor 10 seconds.
- Pour mixture through a fine wire-mesh strainer into a 4-cup glass measuring cup; add remaining 2 1/2 cups pineapple juice. Stir in honey.
- Divide mixture between 2 zip-top plastic freezer bags.
- Place bags on a jelly-roll pan. Freeze 6 hours or until firm.
- Remove bags from freezer, and let stand 10 minutes. Break mixture into small chunks using hands.
- Process chunks, in batches, in a blender or food processor until smooth.
- Serve immediately.
- Garnish, if desired.
- \*1 Tbsp. (3 packets) no-calorie sweetener, such as Splenda, may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:39.71, Glycemic Load:8.41, Inflammation Score:-3, Nutrition Score:4.8573912116496%

## Nutrients (% of daily need)

Calories: 74.1kcal (3.7%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 17.87g (6.5%), Sugar: 14.66g (16.29%), Cholesterol: 0mg (0%), Sodium: 2.66mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Manganese: 0.64mg (32.17%), Vitamin K: 16.95µg (16.15%), Vitamin C: 12.54mg (15.2%), Vitamin B6: 0.13mg (6.25%), Folate: 24.03µg (6.01%), Copper: 0.1mg (4.9%), Potassium: 167.02mg (4.77%), Vitamin B1: 0.07mg (4.65%), Vitamin A: 216.9IU (4.34%), Magnesium: 16.79mg (4.2%), Iron: 0.51mg (2.82%), Calcium: 22.63mg (2.26%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.28mg (1.38%), Fiber: 0.31g (1.23%), Phosphorus: 11.82mg (1.18%), Zinc: 0.17mg (1.13%)