



Pineapple-Berry Topper

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 oz pineapple crushed undrained canned
- 16 cinnamon graham crackers low-fat (32 squares)
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 8 strawberries fresh cut into 4 slices
- 1 cup cool whip lite whipped topping thawed

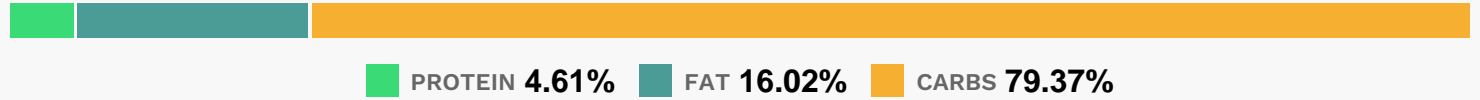
Equipment

- bowl

Directions

- Mix pineapple and dry pudding mix in medium bowl. Gently stir in whipped topping. Refrigerate at least 30 min.
- Spoon 1 Tbsp. of the pineapple mixture onto each graham square just before serving.
- Top each with a strawberry slice.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:0.89565217535457%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 46.31kcal (2.32%), Fat: 0.84g (1.29%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 8.91g (3.24%), Sugar: 5.77g (6.41%), Cholesterol: 0.04mg (0.01%), Sodium: 53.66mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 2.74mg (3.33%), Vitamin B1: 0.03mg (1.88%), Fiber: 0.44g (1.75%), Iron: 0.28mg (1.58%), Magnesium: 5.87mg (1.47%), Phosphorus: 14.32mg (1.43%), Vitamin B3: 0.26mg (1.32%), Vitamin B2: 0.02mg (1.11%)