



Pineapple-Buttermilk Sherbet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



110 kcal

DESSERT

Ingredients

- 4 cups buttermilk low-fat
- 20 ounce pineapple unsweetened crushed undrained canned
- 0.8 cup sugar
- 2 teaspoons vanilla extract

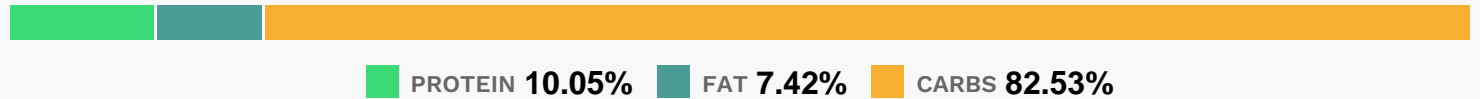
Equipment

- food processor
- bowl
- knife

Directions

- Combine all ingredients in a large bowl, and stir well. Position knife blade in food processor bowl; add half of pineapple mixture, and pulse 3 times.
- Pour mixture into the freezer can of a 2-quart hand-turned or electric freezer.
- Repeat procedure with remaining pineapple mixture, and freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze (ripen) at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:3.0730435109657%

Nutrients (% of daily need)

Calories: 110.39kcal (5.52%), Fat: 0.95g (1.46%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 23.1g (8.4%), Sugar: 23.13g (25.7%), Cholesterol: 3.2mg (1.07%), Sodium: 119.06mg (5.18%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 2.89g (5.78%), Calcium: 100.56mg (10.06%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 74.55mg (7.45%), Vitamin C: 5.24mg (6.35%), Potassium: 180.63mg (5.16%), Vitamin B1: 0.08mg (5.03%), Magnesium: 15.97mg (3.99%), Vitamin B6: 0.06mg (3.14%), Copper: 0.06mg (3.04%), Vitamin B12: 0.18µg (2.93%), Selenium: 1.86µg (2.66%), Zinc: 0.39mg (2.57%), Fiber: 0.61g (2.46%), Vitamin B5: 0.22mg (2.2%), Folate: 6.36µg (1.59%), Vitamin A: 61.22IU (1.22%)