



WHATSheATE



Pineapple-Chile Paletas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

Ingredients



1.5 tablespoons juice of lime freshly squeezed



4 cups pineapple fresh chopped



2 tablespoons sugar



1 cup water

Equipment



food processor

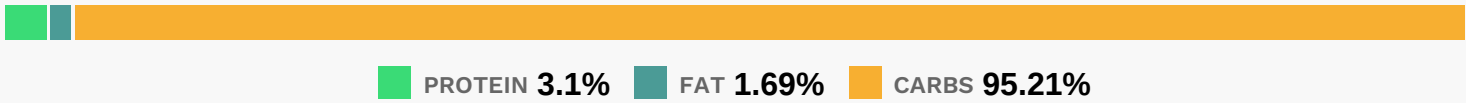


bowl

Directions

- ☐ Combine pineapple, sugar, water, jalapenos, and lime juice in bowl of food processor. Pulse until mixture is pureed, about 15 one-second pulses. Adjust flavor with additional lime juice or sugar as desired.
- ☐ Add mixture to popsicle mold according to manufacturer's directions and freeze at least overnight. Run popsicles under warm water to remove.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.46, Glycemic Load:10.34, Inflammation Score:-3, Nutrition Score:7.3030433512252%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 71.34kcal (3.57%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 17.15g (6.24%), Sugar: 14.89g (16.54%), Cholesterol: 0mg (0%), Sodium: 3.19mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 53.71mg (65.1%), Manganese: 1.02mg (51.03%), Copper: 0.13mg (6.43%), Vitamin B6: 0.12mg (6.23%), Fiber: 1.55g (6.22%), Vitamin B1: 0.09mg (5.86%), Folate: 20.17µg (5.04%), Potassium: 124.37mg (3.55%), Magnesium: 13.89mg (3.47%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.24mg (2.39%), Vitamin B2: 0.04mg (2.15%), Iron: 0.32mg (1.8%), Calcium: 16.05mg (1.6%), Vitamin A: 65.68IU (1.31%)