



Pineapple-Coconut Ice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 13.6 ounce lite coconut milk light canned
- ☐ 2 tablespoons juice of lime fresh (2 limes)
- ☐ 0.5 teaspoon lime rind grated (from 1 lime)
- ☐ 3 cups pineapple fresh cubed (1-inch)
- ☐ 0.3 cup sugar

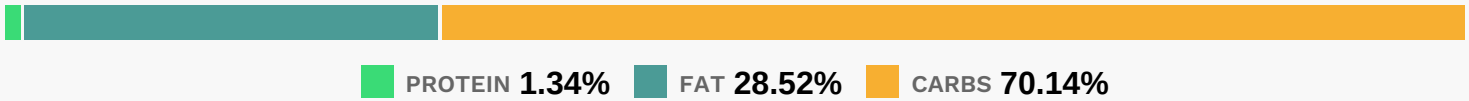
Equipment

- ☐ blender
- ☐ baking pan

Directions

- ☐ Place first 5 ingredients in a blender; process until smooth.
- ☐ Pour into an 8-inch square glass or ceramic baking dish. Cover and freeze until partially frozen (about 2 hours). Scrape with a fork, crushing any lumps. Freeze 1 hour or until completely frozen; scrape entire mixture with a fork until fluffy. Divide ice among 7 dishes, and top each serving with 1 teaspoon coconut, if desired.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:11.51, Inflammation Score:0, Nutrition Score:4.7434784109178%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 119.04kcal (5.95%), Fat: 3.79g (5.83%), Saturated Fat: 3.67g (22.97%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 19.95g (7.25%), Sugar: 16.55g (18.38%), Cholesterol: 0mg (0%), Sodium: 46.79mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 35.13mg (42.58%), Manganese: 0.66mg (32.83%), Fiber: 1.01g (4.04%), Vitamin B6: 0.08mg (4.04%), Copper: 0.08mg (3.99%), Vitamin B1: 0.06mg (3.8%), Folate: 13.17µg (3.29%), Potassium: 82.43mg (2.36%), Magnesium: 8.84mg (2.21%), Vitamin B3: 0.36mg (1.8%), Vitamin B5: 0.16mg (1.56%), Vitamin B2: 0.03mg (1.48%), Iron: 0.21mg (1.19%)