



Pineapple Filling

 Gluten Free

READY IN



12 min.

SERVINGS



12

CALORIES



93 kcal

SIDE DISH

Ingredients

- 3 ounce cream cheese softened
- 3 creamy coconut ice cream bars frozen cut into small chunks
- 8 ounce pineapple in juice crushed drained well canned chilled
- 3.4 ounce vanilla pudding mix instant
- 6 ounce vanilla yogurt
- 2.6 ounce whipped dairy topping

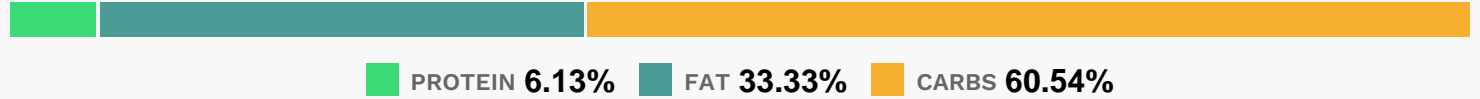
Equipment

- hand mixer

Directions

- Prepare dairy topping mix and pudding mix according to package directions.
- Beat cream cheese at medium speed with an electric mixer until smooth. Fold in prepared dairy topping, pudding, pineapple, yogurt, and ice cream bars.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.4665217273261%

Nutrients (% of daily need)

Calories: 92.91kcal (4.65%), Fat: 3.5g (5.39%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 14.01g (5.1%), Sugar: 12.79g (14.21%), Cholesterol: 8.1mg (2.7%), Sodium: 87.43mg (3.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Calcium: 39.22mg (3.92%), Phosphorus: 33.01mg (3.3%), Vitamin B2: 0.06mg (3.29%), Vitamin A: 116.33IU (2.33%), Vitamin C: 1.89mg (2.29%), Selenium: 1.6µg (2.29%), Potassium: 72.14mg (2.06%), Vitamin B1: 0.03mg (1.88%), Vitamin B12: 0.1µg (1.73%), Magnesium: 6.21mg (1.55%), Vitamin B6: 0.03mg (1.29%), Copper: 0.03mg (1.28%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.2%), Fiber: 0.3g (1.18%)