



## Pineapple Fool

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

### Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon crystallized ginger chopped
- 2 tablespoons juice of lemon fresh
- 2 cups pineapple fresh cubed (1-inch)
- 0.5 cup water
- 2 cups non-dairy whipped topping frozen thawed reduced-calorie

### Equipment

- bowl

sauce pan

blender

## Directions

Combine the first 3 ingredients in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 10 minutes or until liquid almost evaporates.

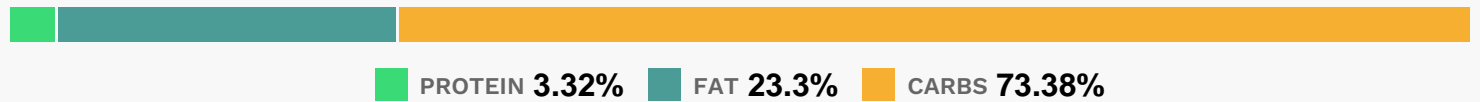
Add sugar and lemon juice, and cook over medium-high heat for 8 minutes or until slightly syrupy.

Place the pineapple mixture in a blender; process until smooth.

Pour the mixture into a bowl; cover and chill.

Reserve 1/4 cup of chilled pineapple mixture. Fold the whipped topping into the remaining chilled pineapple mixture. Spoon 1/2 cup of the pineapple mixture into each of 6 glasses, and chill. Top each serving with 2 teaspoons of the reserved pineapple mixture before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.78, Glycemic Load:3.78, Inflammation Score:-2, Nutrition Score:4.3517390852389%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 124.79kcal (6.24%), Fat: 3.35g (5.16%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 22.97g (8.35%), Sugar: 21.6g (24%), Cholesterol: 0.5mg (0.17%), Sodium: 22.4mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 28.23mg (34.21%), Manganese: 0.52mg (25.82%), Vitamin B6: 0.07mg (3.63%), Copper: 0.07mg (3.56%), Calcium: 33.4mg (3.34%), Vitamin B1: 0.05mg (3.31%), Fiber: 0.79g (3.14%), Folate: 11.74µg (2.94%), Potassium: 102.54mg (2.93%), Magnesium: 9.67mg (2.42%), Vitamin B2: 0.04mg (2.4%), Phosphorus: 23.67mg (2.37%), Vitamin B3: 0.31mg (1.57%), Iron: 0.25mg (1.41%), Vitamin B5: 0.14mg (1.36%), Vitamin K: 1.18µg (1.13%), Selenium: 0.77µg (1.1%), Vitamin A: 50.7IU (1.01%)