



Pineapple Lush Dip

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 20 oz pineapple in juice crushed undrained canned
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Add dry pudding mix to pineapple in medium bowl; whisk 2 min.
- Stir in COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4247826185563%

Nutrients (% of daily need)

Calories: 87.35kcal (4.37%), Fat: 1.08g (1.67%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 18.81g (6.84%), Sugar: 17.5g (19.45%), Cholesterol: 0.15mg (0.05%), Sodium: 67.17mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 5.33mg (6.46%), Vitamin B1: 0.06mg (3.96%), Fiber: 0.79g (3.18%), Copper: 0.06mg (3.17%), Potassium: 79.81mg (2.28%), Magnesium: 9.03mg (2.26%), Vitamin B6: 0.04mg (2.2%), Calcium: 14.88mg (1.49%), Vitamin B2: 0.02mg (1.17%)