

Pineapple Nieve

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

Ingredients

- 6 servings fries
- 0.3 cup juice of lime fresh
- 5 cups pineapple coarsely chopped (1 large pineapple)
- 0.3 cup sugar

Equipment

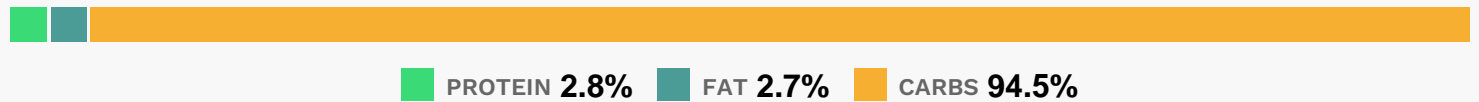
- food processor
- bowl
- sieve

baking pan

Directions

- Place the pineapple in a food processor, and process 2 minutes or until very smooth.
- Add sugar and lime juice, and pulse 2 times or until blended. Strain pineapple mixture through a sieve into a bowl. Discard solids.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to the manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze 30 minutes or until firm.
- Serve with Cinnamon Chips.
- Note: To prepare nieve without an ice-cream freezer, pour mixture into an 8-inch square baking dish; cover and freeze until firm, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:32.18, Glycemic Load:15.42, Inflammation Score:-4, Nutrition Score:9.2960871147073%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 105.95kcal (5.3%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 25.45g (9.26%), Sugar: 22.03g (24.48%), Cholesterol: 0mg (0%), Sodium: 6.56mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 68.81mg (83.41%), Manganese: 1.28mg (63.95%), Fiber: 2.01g (8.04%), Vitamin B6: 0.16mg (7.98%), Copper: 0.15mg (7.74%), Vitamin B1: 0.11mg (7.46%), Folate: 25.98µg (6.49%), Potassium: 166.14mg (4.75%), Magnesium: 17.49mg (4.37%), Vitamin B3: 0.72mg (3.62%), Vitamin B5: 0.31mg (3.11%), Vitamin B2: 0.05mg (2.79%), Iron: 0.43mg (2.36%), Calcium: 19.46mg (1.95%), Vitamin A: 84.79IU (1.7%), Phosphorus: 13.18mg (1.32%), Zinc: 0.18mg (1.18%)