

Pineapple Paletas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients



1 tablespoon juice of lime fresh



1.5 pounds pineapple fresh diced divided finely



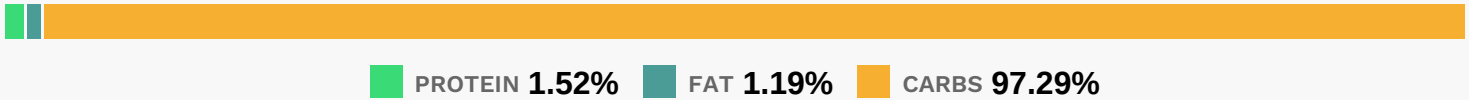
0.8 cup sugar

Equipment

Directions

- ☐
- Bring sugar and 1 cup water to a boil in a small saucepan over high heat, stirring until sugar dissolves. Chill syrup until cold, about 1 hour.
- ☐
- Purée syrup and 2 cups pineapple in a food processor until smooth. Set a fine-mesh strainer over a medium pitcher; strain, pressing on solids to extract purée. Stir in lime juice and remaining 2 cups pineapple. Divide among molds. Cover; insert ice-pop sticks. Freeze until firm. Dip bottoms of molds into hot water for 20–30 seconds to loosen pops.
- ☐
- Remove pops and serve.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:18.93, Inflammation Score:-2, Nutrition Score:5.6208695892407%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 115.18kcal (5.76%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 28.78g (10.46%), Sugar: 27.12g (30.13%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin C: 41.22mg (49.96%), Manganese: 0.79mg (39.47%), Vitamin B6: 0.1mg (4.8%), Fiber: 1.2g (4.79%), Copper: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.51%), Folate: 15.5µg (3.87%), Potassium: 95.27mg (2.72%), Magnesium: 10.36mg (2.59%), Vitamin B3: 0.43mg (2.14%), Vitamin B5: 0.18mg (1.83%), Vitamin B2: 0.03mg (1.83%), Iron: 0.26mg (1.43%), Calcium: 11.51mg (1.15%), Vitamin A: 50.27IU (1.01%)