

Pineapple Pretzel Fluff

READY IN



20 min.

SERVINGS



6

CALORIES



631 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 20 ounces pineapple crushed drained canned
- 8 ounces cream cheese softened
- 1 cup pretzels crushed
- 1 cup sugar divided
- 12 ounces non-dairy whipped topping frozen thawed

Equipment

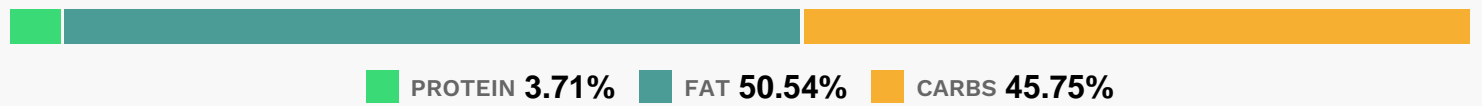
- bowl

- oven
- baking pan

Directions

- In a small bowl, combine the pretzels, butter and 1/2 cup sugar. Press into a 13-in. x 9-in. baking pan.
- Bake at 400° for 7 minutes. Cool. Meanwhile, in a large bowl, beat cream cheese and remaining sugar until creamy. Fold in pineapple and whipped topping; chill until serving. Break pretzel mixture into small pieces; stir into pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:32.36, Inflammation Score:-6, Nutrition Score:7.2904347958772%

Nutrients (% of daily need)

Calories: 631.17kcal (31.56%), Fat: 36.37g (55.96%), Saturated Fat: 23.83g (148.91%), Carbohydrates: 74.1g (24.7%), Net Carbohydrates: 72.42g (26.33%), Sugar: 61.85g (68.72%), Cholesterol: 79.98mg (26.66%), Sodium: 447.76mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin A: 1069.58IU (21.39%), Vitamin B2: 0.21mg (12.64%), Vitamin B1: 0.17mg (11.59%), Vitamin C: 9.16mg (11.11%), Phosphorus: 110.62mg (11.06%), Calcium: 100.51mg (10.05%), Folate: 34.53µg (8.63%), Selenium: 5.97µg (8.52%), Vitamin E: 1.13mg (7.53%), Potassium: 259.28mg (7.41%), Copper: 0.14mg (6.84%), Fiber: 1.68g (6.73%), Manganese: 0.13mg (6.49%), Magnesium: 25.79mg (6.45%), Vitamin B6: 0.11mg (5.69%), Iron: 0.99mg (5.52%), Vitamin B3: 1.07mg (5.35%), Vitamin K: 4.97µg (4.73%), Vitamin B12: 0.23µg (3.81%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.28mg (2.81%)