



Pineapple Pretzel Salad

READY IN



30 min.

SERVINGS



15

CALORIES



357 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup butter melted
- 40 ounce pineapple crushed canned
- 8 ounce cream cheese
- 3.4 ounce vanilla pudding mix instant
- 2 cups pretzels crushed
- 8 ounce non-dairy whipped topping frozen thawed
- 1 cup sugar white

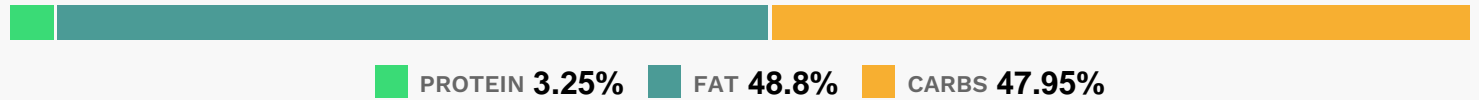
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place crushed pretzels in the bottom of a 9x13 inch baking dish.
- Pour melted butter carefully over top.
- Bake in preheated oven 10 minutes.
- Cream together cream cheese and sugar. Fold in whipped topping.
- Spread over cooled crust.
- Combine pineapple and pudding mix.
- Spread over whipped topping layer. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:15.34, Glycemic Load:16.35, Inflammation Score:-4, Nutrition Score:4.5400000706963%

Nutrients (% of daily need)

Calories: 357.3kcal (17.87%), Fat: 19.92g (30.64%), Saturated Fat: 12.59g (78.72%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 42.66g (15.51%), Sugar: 33.57g (37.3%), Cholesterol: 48.11mg (16.04%), Sodium: 329.63mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Vitamin A: 630.23IU (12.6%), Vitamin C: 7.33mg (8.89%), Vitamin B1: 0.13mg (8.64%), Vitamin B2: 0.11mg (6.36%), Folate: 25.35µg (6.34%), Fiber: 1.38g (5.54%), Copper: 0.1mg (5.2%), Manganese: 0.1mg (5.11%), Phosphorus: 50.07mg (5.01%), Potassium: 157.94mg (4.51%), Calcium: 44.46mg (4.45%), Magnesium: 17.16mg (4.29%), Iron: 0.75mg (4.15%), Vitamin E: 0.62mg (4.15%), Vitamin B3: 0.81mg (4.06%), Selenium: 2.72µg (3.89%), Vitamin B6: 0.08mg (3.83%), Vitamin K: 2.69µg (2.56%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.09µg (1.49%), Vitamin B5: 0.14mg (1.39%)