

# Taste of Home

## Pineapple Pudding

 Vegetarian

READY IN



5 min.

SERVINGS



6

CALORIES



147 kcal

### Ingredients

- 2 cups cream fat-free sour
- 16 ounces pineapple unsweetened crushed undrained canned
- 1 ounces vanilla pudding mix sugar-free instant
- 6 vanilla wafers

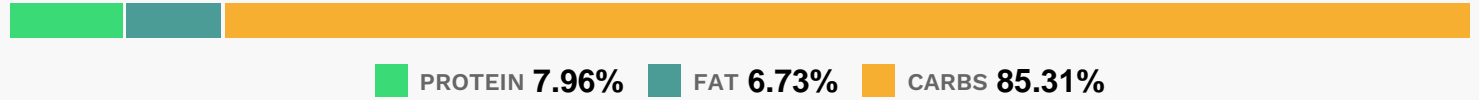
### Equipment

- bowl
- whisk

## Directions

- In a bowl, whisk the sour cream, pineapple and pudding mix until blended and thickened.
- Serve immediately with vanilla wafers. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:3.31, Inflammation Score:-3, Nutrition Score:4.0799999745644%

## Nutrients (% of daily need)

Calories: 146.69kcal (7.33%), Fat: 1.13g (1.73%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 31.09g (11.31%), Sugar: 12.98g (14.42%), Cholesterol: 6.96mg (2.32%), Sodium: 335.47mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Calcium: 107.93mg (10.79%), Vitamin B1: 0.13mg (8.87%), Vitamin C: 7.11mg (8.61%), Vitamin B2: 0.14mg (8.51%), Phosphorus: 80.65mg (8.06%), Selenium: 4.37µg (6.24%), Potassium: 197.68mg (5.65%), Magnesium: 19.01mg (4.75%), Vitamin A: 233.3IU (4.67%), Copper: 0.09mg (4.66%), Folate: 17.49µg (4.37%), Fiber: 1.07g (4.27%), Vitamin B12: 0.23µg (3.83%), Vitamin B6: 0.07mg (3.6%), Zinc: 0.46mg (3.06%), Vitamin B3: 0.42mg (2.12%), Iron: 0.21mg (1.18%)