



Pineapple Raita

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups yogurt plain low-fat
- ☐ 0.5 teaspoon mint flakes dried
- ☐ 0.3 teaspoon pink peppercorns crushed
- ☐ 1.5 cups pineapple diced
- ☐ 1 Dash salt
- ☐ 1 tablespoon sugar

Equipment

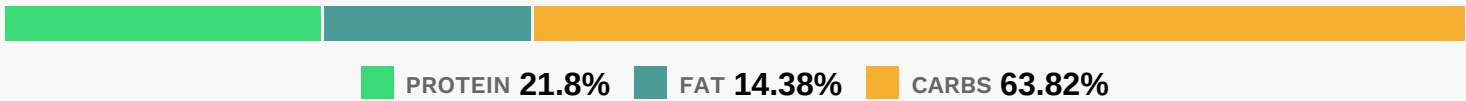
- ☐ bowl

whisk

Directions

- Place yogurt, sugar, and dash of salt in a bowl; stir well with a whisk until smooth. Stir in diced pineapple.
- Transfer yogurt mixture into a serving dish, and chill. Before serving, sprinkle with dried mint flakes and crushed pink peppercorns.

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:1.59, Inflammation Score:-1, Nutrition Score:2.3208695909251%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 30.13kcal (1.51%), Fat: 0.5g (0.77%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.74g (1.72%), Sugar: 4.43g (4.92%), Cholesterol: 1.84mg (0.61%), Sodium: 24.09mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin C: 7.64mg (9.26%), Manganese: 0.16mg (7.76%), Calcium: 58.6mg (5.86%), Phosphorus: 45.49mg (4.55%), Vitamin B2: 0.07mg (4.18%), Vitamin B12: 0.17µg (2.86%), Potassium: 89.75mg (2.56%), Vitamin B5: 0.22mg (2.15%), Zinc: 0.29mg (1.95%), Magnesium: 7.27mg (1.82%), Vitamin B1: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.65%), Folate: 6.25µg (1.56%), Selenium: 1.03µg (1.48%), Copper: 0.02mg (1.11%)