

Pineapple Sherbet

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



293 kcal

DESSERT

Ingredients

- 1 quart buttermilk
- 20 ounces pineapple crushed drained canned
- 1.3 cups sugar
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

Equipment

- bowl

Directions

- In a bowl, combine all ingredients; mix well. Cover and freeze for 1 hour. Stir; return to freezer for at least 2 hours before serving.

Nutrition Facts

PROTEIN 6.91% **FAT 26.15%** **CARBS 66.94%**

Properties

Glycemic Index:15.14, Glycemic Load:25.16, Inflammation Score:-3, Nutrition Score:7.2126086794812%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 293.46kcal (14.67%), Fat: 8.87g (13.64%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 51.07g (17.02%), Net Carbohydrates: 49.65g (18.06%), Sugar: 49.4g (54.89%), Cholesterol: 13.01mg (4.34%), Sodium: 125.44mg (5.45%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 5.27g (10.54%), Calcium: 154.93mg (15.49%), Vitamin B2: 0.24mg (13.89%), Phosphorus: 130.84mg (13.08%), Manganese: 0.26mg (12.84%), Copper: 0.22mg (11.22%), Vitamin D: 1.54µg (10.25%), Vitamin B1: 0.15mg (10.19%), Vitamin B12: 0.54µg (9.07%), Magnesium: 34.07mg (8.52%), Vitamin C: 6.76mg (8.19%), Potassium: 281.24mg (8.04%), Selenium: 5.22µg (7.46%), Vitamin B6: 0.14mg (6.76%), Fiber: 1.41g (5.65%), Zinc: 0.75mg (5%), Vitamin B5: 0.49mg (4.91%), Vitamin A: 232.08IU (4.64%), Folate: 16.62µg (4.16%), Iron: 0.46mg (2.58%), Vitamin B3: 0.39mg (1.96%)