



Savoring Summer- Guest Post from Pain Perdu Blog



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 2 egg whites
- ☐ 1 teaspoon juice of lemon freshly squeezed to taste
- ☐ 3.5 cup pineapple with the juice packed in juice, crushed
- ☐ 1 pinch salt
- ☐ 5 ounce condensed milk sweetened

Equipment

- ☐ bowl

Directions

☐ Combine pineapple, sweetened condensed milk and lemon juice in a bowl and chill for several hours. When ready to freeze pineapple, milk mixture, beat the egg whites with a pinch of salt, then fold them into the mixture in 3 additions. Freeze in an ice cream freezer machine according to your machine’s directions. The sherbet will be soft. It may be served as is, or placed in a freezer to freeze harder.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:7.84, Inflammation Score:-3, Nutrition Score:5.0500000456105%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 164.02kcal (8.2%), Fat: 2.23g (3.42%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 32.66g (11.88%), Sugar: 32.62g (36.25%), Cholesterol: 8.03mg (2.68%), Sodium: 54.45mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin C: 13.91mg (16.86%), Vitamin B1: 0.16mg (10.84%), Vitamin B2: 0.17mg (10.08%), Calcium: 89.93mg (8.99%), Selenium: 6.05µg (8.64%), Potassium: 275.94mg (7.88%), Copper: 0.15mg (7.68%), Fiber: 1.8g (7.19%), Phosphorus: 71mg (7.1%), Magnesium: 27.99mg (7%), Vitamin B6: 0.12mg (5.82%), Vitamin A: 132.13IU (2.64%), Folate: 10.07µg (2.52%), Iron: 0.44mg (2.44%), Zinc: 0.36mg (2.42%), Vitamin B3: 0.45mg (2.26%), Vitamin B5: 0.2mg (1.97%), Vitamin B12: 0.11µg (1.88%), Vitamin K: 1.11µg (1.06%)