



Tropical Shrimp Dipping Sauce



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup pineapple canned crushed
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 1 tablespoon sugar white
- ☐ 3 tablespoons non-alcoholic pina colada mix
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Equipment

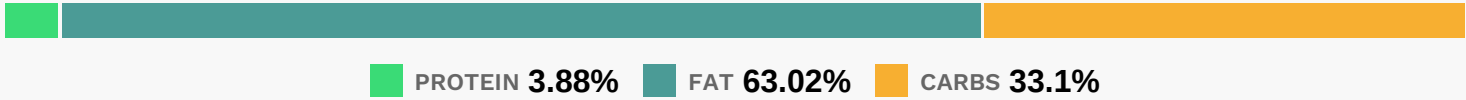
- ☐ bowl

Directions

☐

Mix the sour cream, pina colada mix, crushed pineapple, and sugar together in a bowl, stirring to dissolve the sugar. Refrigerate at least 30 minutes to chill and blend the flavors.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:2.09, Inflammation Score:-1, Nutrition Score:1.2378260817217%

Nutrients (% of daily need)

Calories: 77.35kcal (3.87%), Fat: 5.6g (8.62%), Saturated Fat: 2.9g (18.16%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.43g (2.34%), Sugar: 6.08g (6.76%), Cholesterol: 16.96mg (5.65%), Sodium: 9.09mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Vitamin A: 186.51IU (3.73%), Calcium: 31.43mg (3.14%), Vitamin B2: 0.05mg (3.06%), Phosphorus: 22.89mg (2.29%), Vitamin C: 1.65mg (2%), Selenium: 1.14µg (1.63%), Potassium: 54.33mg (1.55%), Vitamin B1: 0.02mg (1.39%), Magnesium: 5.09mg (1.27%), Vitamin B6: 0.02mg (1.14%), Copper: 0.02mg (1.06%), Vitamin B12: 0.06µg (1.01%)