

Did You Know . . . Pineapple is high in Fiber?

I discovered it when making homemade sugar-free Pineapple/Mango Ice Cream. What a wonderful cool and refreshing combination. As I was scraping off the paddle from the ice cream maker I notice a clump of fibrous material. It looked harmless but mysterious so I took a taste and it was delicious! Basic sugar-free ice cream recipe on page 39 in **Cooking with Judy**. I know pineapple is good for you but thought I best look it up. And low and behold 1 cup has 7% of your daily fiber needs.



Pineapple

Nutrition Facts

Serving size 1 cup raw 165 g

Amount Per Serving

Calories 82 Calories from Fat 2

% Daily Value *

Total Fat 0 g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0 gm 0%

Sodium 2 mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 2g 9%

Sugars 16g

Protein 1 g

Vitamin A 2% Vitamin C 131%

Calcium 2% Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

[Nutrition Data](#)

Good for Weight Loss & Optimum Health

The good: Pineapple has NO saturated fat. LOW in cholesterol and sodium. Also a good source of dietary fiber, thiamin, vitamin B6 and copper, and a very good source of vitamin C and manganese.

The bad: One half of the calories come from sugars. Even though they are natural sugars, 1 cup equals 1/2 of our daily suggested sugar consumption. keep it to 1/4 cup or less each day.

Dr. Oz touts the goodness of pineapple because it is high in **Bromelain**, which is effective as an anti-inflammatory and in treating digestive conditions. It is a natural enzyme and helps break food down during the digestive process.

How to pick a ripe pineapple -- the eyes should all be the same size from top to bottom and it should smell like pineapple, the top leaves should move easily, and a tad of mold on the bottom is okay. If it is a bit green that is okay. Leave it sit on your counter a few days. When you walk in the house and it smells like pineapple it's ripe!

How to peel a fresh pineapple — Lay it on its side, using a large sharp chef's knife cut off the bottom and top. Stand it up on it's now flat bottom. Starting at the top slice down in wide strips. Move around the pineapple until complete. Wash your knife and hands often, pineapple is very slippery. You may find remnants of "eyes" left on the "corner" edges. Simply trim off. Cut the whole pineapple in half lengthwise. Lay each half down on the flat side, on the cutting board and, cut each in half. Stand each quarter up and carefully slice down to remove the hard core (save). Lay each quarter flat, slice into thirds lengthwise then dice across the three spears. Place in covered refrigerator dish or layout individually on wax paper on a baking sheet to freeze overnight.. Bag and date the next day. Cut the core in long spears to freeze. Add them to your water bottle or glass of ice tea. You get all the flavor and all the nutrients.