

Fried Ice Cream - Pina Colada

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CpommunityTable.com

vanilla ice cream
coconut flakes
pineapple preserves

Scoop the ice cream onto a wax paper-lined baking sheet. Form each scoop into rounded balls with your hands.

Place the baking sheet into the freezer for at least 15 minutes.

In a skillet, melt 1/4 cup (one-half stick) of butter. Add the coconut flakes, stirring frequently, until the butter is absorbed, 3 to 5 minutes. Set aside to cool.

Remove the cookie sheet from the freezer.

Roll the ice cream balls in the coconut flakes, pressing the mixture into the ice cream until coated.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg

Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): 0g
Cholesterol (mg): 0mg
Carbohydrate (g): 0g
Dietary Fiber (g): 0g
Protein (g): 0g
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 0 **Calories from Fat:** 0

% Daily Values*

Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrates	0g		0%
Dietary Fiber	0g		0%
Protein	0g		
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Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%

** Percent Daily Values are based on a 2000 calorie diet.*