



Apricot-Glazed Pineapple Sundae

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



173 kcal

DESSERT

Ingredients

- 2 tablespoons apricot preserves melted
- 1 cup vanilla yogurt frozen low-fat
- 1 Dash ground cinnamon
- 4 slices pineapple fresh 1-inch-thick peeled ()
- 1 teaspoon sugar

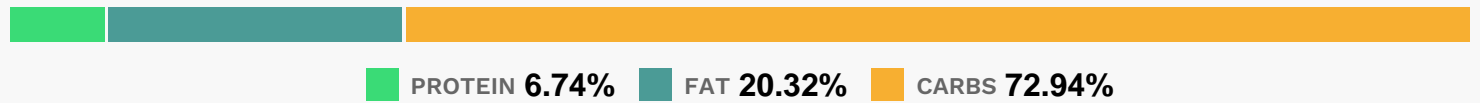
Equipment

- broiler
- broiler pan

Directions

- Preheat broiler.
- Place pineapple slices on a broiler pan.
- Brush pineapple with preserves; broil 6 minutes or until bubbly.
- Combine sugar and cinnamon, and sprinkle over pineapple.
- Serve warm with the frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:37.55, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:3.4726086841977%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 173.01kcal (8.65%), Fat: 4.09g (6.29%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 32.66g (11.88%), Sugar: 28.25g (31.39%), Cholesterol: 1.44mg (0.48%), Sodium: 70.73mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Calcium: 112.31mg (11.23%), Vitamin B2: 0.17mg (9.81%), Phosphorus: 93.94mg (9.39%), Manganese: 0.1mg (5.2%), Potassium: 171.99mg (4.91%), Vitamin B5: 0.47mg (4.7%), Selenium: 2.81µg (4.02%), Vitamin A: 196.12IU (3.92%), Vitamin B12: 0.21µg (3.48%), Vitamin B6: 0.06mg (3.19%), Vitamin C: 2.54mg (3.08%), Magnesium: 11.48mg (2.87%), Copper: 0.05mg (2.64%), Zinc: 0.33mg (2.17%), Iron: 0.36mg (2.01%), Vitamin B1: 0.03mg (1.92%), Fiber: 0.35g (1.41%), Folate: 4.65µg (1.16%), Vitamin B3: 0.23mg (1.13%)