



## Broiled Pineapple Dessert

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



59 kcal

### Ingredients

- 2 cups knudsen milkfat cottage cheese 2% low fat
- 1 pineapple fresh cored peeled
- 0.5 cup pomegranate seeds
- 3 Tbsp lite raspberry vinaigrette dressing kraft

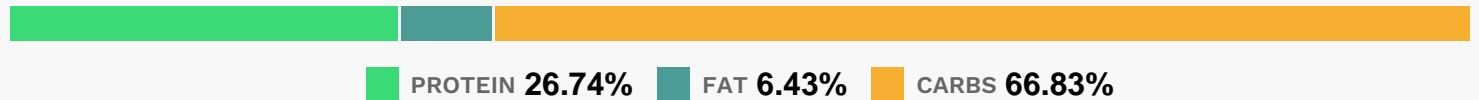
### Equipment

- baking pan
- broiler
- broiler pan

## Directions

- Preheat broiler.
- Cut pineapple crosswise into 8 slices.
- Place on rack of broiler pan or in 15x10x1-inch baking pan.
- Brush evenly with dressing.
- Broil, 3 to 4 inches from heat, 4 to 5 min. or until heated through.
- Transfer pineapple to serving platter; top evenly with the cottage cheese.
- Sprinkle with the pomegranate seeds.

## Nutrition Facts



## Properties

Glycemic Index:8.38, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:5.1408696019131%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 59.09kcal (2.95%), Fat: 0.44g (0.68%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 9.31g (3.39%), Sugar: 8.14g (9.04%), Cholesterol: 1.21mg (0.4%), Sodium: 149.09mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin C: 29.4mg (35.63%), Manganese: 0.57mg (28.33%), Phosphorus: 47.17mg (4.72%), Vitamin B6: 0.09mg (4.61%), Fiber: 1.06g (4.25%), Vitamin B2: 0.07mg (4.23%), Copper: 0.08mg (4.17%), Folate: 16.55µg (4.14%), Selenium: 2.8µg (4%), Vitamin B1: 0.06mg (3.84%), Vitamin B12: 0.19µg (3.16%), Potassium: 104.58mg (2.99%), Calcium: 26.77mg (2.68%), Magnesium: 9.4mg (2.35%), Vitamin B5: 0.21mg (2.14%), Vitamin B3: 0.36mg (1.78%), Zinc: 0.21mg (1.37%), Iron: 0.23mg (1.3%), Vitamin K: 1.35µg (1.28%)