



Broiled Pineapple Sundaes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1.5 teaspoons honey
- ☐ 0.3 cup macadamia nuts coarsely chopped
- ☐ 3 tablespoons orange juice fresh
- ☐ 2 cups pineapple fresh coarsely chopped
- ☐ 2 cups vanilla greek yogurt fat-free frozen

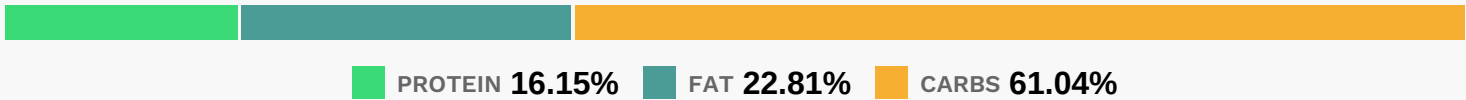
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 5 ingredients in a medium bowl, stirring well with a whisk.
- ☐ Add pineapple; toss to coat.
- ☐ Spread pineapple mixture in a single layer on a jelly-roll pan lined with foil. Broil 5 minutes or until bubbly.
- ☐ Place nuts in a skillet; cook over medium heat 3 minutes or until lightly browned, shaking pan frequently. Spoon 1/2 cup yogurt into each of 4 dessert bowls. Top each serving with about 1/4 cup pineapple mixture and 1 tablespoon nuts.

Nutrition Facts



Properties

Glycemic Index:44.48, Glycemic Load:7.51, Inflammation Score:-3, Nutrition Score:8.4821738743264%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 241.55kcal (12.08%), Fat: 6.48g (9.98%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 36.96g (13.44%), Sugar: 34.1g (37.89%), Cholesterol: 3.78mg (1.26%), Sodium: 38.14mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Manganese: 1.25mg (62.37%), Vitamin C: 45.93mg (55.68%), Vitamin B1: 0.18mg (11.79%), Copper: 0.17mg (8.34%), Fiber: 2.07g (8.3%), Potassium: 266.11mg (7.6%), Vitamin B6: 0.13mg (6.34%), Magnesium: 23.74mg (5.93%), Folate: 19.79µg (4.95%), Iron: 0.72mg (3.99%), Vitamin B3: 0.71mg (3.56%), Calcium: 30.8mg (3.08%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.05mg (2.67%), Phosphorus: 25.56mg (2.56%), Zinc: 0.24mg (1.58%), Vitamin A: 74.16IU (1.48%)