



Broiled Pineapple with Bourbon Caramel over Vanilla Ice Cream

READY IN



30 min.

SERVINGS



6

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons bourbon divided
- ☐ 3 tablespoons brown sugar
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 pineapple cored peeled
- ☐ 0.3 cup coconut or sweetened flaked toasted
- ☐ 1 teaspoon vanilla extract

- ☐ 2 cups whipped cream fat-free
- ☐ 3 tablespoons water

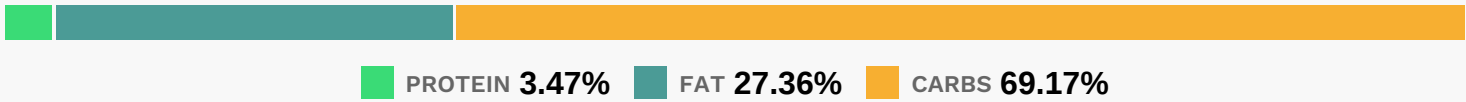
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine granulated sugar, 3 tablespoons bourbon, 3 tablespoons water, and juice in a medium saucepan over medium-high heat; cook 2 minutes or until sugar dissolves, stirring constantly. Bring to a boil; reduce heat to medium and cook, without stirring, 10 minutes or until golden.
- ☐ Remove from heat. Carefully add cream, stirring constantly (mixture will bubble vigorously). Cool slightly. Stir in remaining 2 teaspoons bourbon and vanilla.
- ☐ Preheat broiler to high.
- ☐ Cut pineapple lengthwise into 12 slices; cut each slice in half crosswise. Arrange pineapple on a foil-lined broiler pan coated with cooking spray; sprinkle evenly with brown sugar. Broil 5 inches from heat for 12 minutes or until golden brown.
- ☐ Scoop 1/3 cup ice cream into each of 6 bowls. Arrange 4 pineapple slices in each bowl; top each serving with 2 1/2 tablespoons caramel sauce.
- ☐ Sprinkle each serving with 2 teaspoons coconut; serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:28.13, Inflammation Score:-6, Nutrition Score:12.410434857659%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 322.76kcal (16.14%), Fat: 9.65g (14.84%), Saturated Fat: 6.22g (38.86%), Carbohydrates: 54.89g (18.3%), Net Carbohydrates: 52.11g (18.95%), Sugar: 48.34g (53.71%), Cholesterol: 30.57mg (10.19%), Sodium: 51.84mg (2.25%), Alcohol: 2.73g (100%), Alcohol %: 1.4% (100%), Protein: 2.76g (5.52%), Vitamin C: 72.74mg (88.17%), Manganese: 1.44mg (72.16%), Fiber: 2.77g (11.09%), Vitamin B2: 0.18mg (10.43%), Vitamin B6: 0.2mg (9.88%), Copper: 0.19mg (9.75%), Vitamin B1: 0.14mg (9.36%), Calcium: 88.36mg (8.84%), Vitamin A: 418.55IU (8.37%), Potassium: 284.48mg (8.13%), Folate: 30.08µg (7.52%), Magnesium: 27.51mg (6.88%), Phosphorus: 68.21mg (6.82%), Vitamin B5: 0.62mg (6.16%), Vitamin B3: 0.85mg (4.24%), Zinc: 0.54mg (3.61%), Iron: 0.6mg (3.31%), Vitamin B12: 0.19µg (3.12%), Selenium: 1.98µg (2.83%), Vitamin E: 0.25mg (1.7%), Vitamin D: 0.25µg (1.64%), Vitamin K: 1.51µg (1.43%)