



Brown Sugar-Baked Pineapple



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 0.8 cup honey
- ☐ 1 cup juice of lemon
- ☐ 4 cups vanilla ice cream light
- ☐ 2 pineapple fresh cored peeled

Equipment

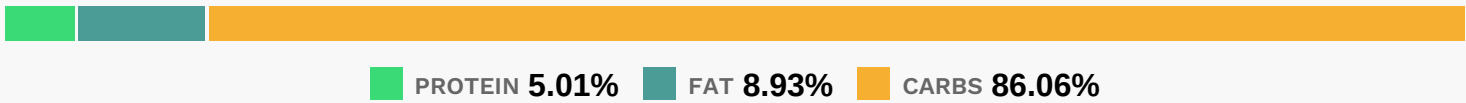
- ☐ bowl
- ☐ baking sheet

☐ aluminum foil

Directions

- ☐ Stir together first 3 ingredients in a small bowl; let stand 10 minutes.
- ☐ Cut each pineapple into 8 (3/4- to 1-inch-thick) slices.
- ☐ Place pineapple slices on an aluminum foil-lined baking sheet, and pour honey mixture evenly over top. Broil 3 inches from heat 15 to 17 minutes or until golden brown.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:18.37, Glycemic Load:37.17, Inflammation Score:-7, Nutrition Score:16.850434821585%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 379.38kcal (18.97%), Fat: 4.02g (6.18%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 87.1g (29.03%), Net Carbohydrates: 83.54g (30.38%), Sugar: 72.61g (80.68%), Cholesterol: 20.52mg (6.84%), Sodium: 62mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.13%), Vitamin C: 121.02mg (146.69%), Manganese: 2.13mg (106.73%), Vitamin B2: 0.28mg (16.64%), Calcium: 161.22mg (16.12%), Vitamin B6: 0.31mg (15.6%), Vitamin B1: 0.23mg (15.09%), Fiber: 3.55g (14.2%), Copper: 0.28mg (14.07%), Potassium: 461.78mg (13.19%), Folate: 52.09µg (13.02%), Magnesium: 40.87mg (10.22%), Phosphorus: 100.37mg (10.04%), Vitamin A: 473.54IU (9.47%), Vitamin B5: 0.92mg (9.18%), Vitamin B3: 1.31mg (6.54%), Zinc: 0.91mg (6.09%), Vitamin B12: 0.36µg (5.95%), Iron: 1.01mg (5.6%), Selenium: 2.11µg (3.02%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.18mg (1.21%)