



## Brown Sugar-Pineapple Sundaes

 **Gluten Free**

READY IN



**17 min.**

SERVINGS



**10**

CALORIES



**188 kcal**

DESSERT

### Ingredients

- 2 tablespoons ginger fresh finely grated
- 0.3 cup brown sugar light packed
- 1 tablespoon juice of lime fresh
- 16 oz pineapple chunks packed in juice, drained canned
- 4 tablespoons butter unsalted
- 1 pint whipped cream

### Equipment

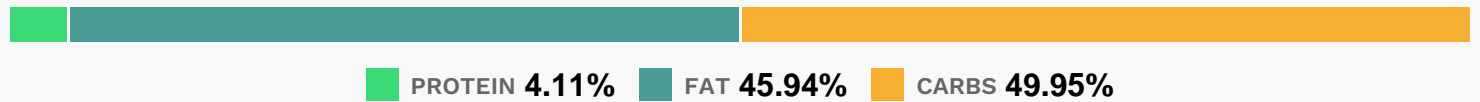
- bowl

frying pan

## Directions

- Melt butter in a large nonreactive skillet over medium-high heat.
- Add pineapple, brown sugar and ginger and cook, stirring, until sugar has dissolved and pineapple begins to brown, 3 to 4 minutes.
- Transfer to a bowl and let cool slightly. Stir in lime juice.
- Divide ice cream among 4 bowls and spoon pineapple mixture on top.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:7.6, Glycemic Load:6.64, Inflammation Score:-3, Nutrition Score:3.2713043534237%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 187.71kcal (9.39%), Fat: 9.81g (15.09%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 24g (8%), Net Carbohydrates: 23.04g (8.38%), Sugar: 21.89g (24.32%), Cholesterol: 32.86mg (10.95%), Sodium: 40.68mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Calcium: 74.17mg (7.42%), Vitamin B2: 0.13mg (7.39%), Vitamin A: 362.58IU (7.25%), Vitamin C: 5.07mg (6.14%), Phosphorus: 55.11mg (5.51%), Potassium: 166.63mg (4.76%), Vitamin B1: 0.07mg (4.44%), Fiber: 0.95g (3.82%), Magnesium: 14.76mg (3.69%), Copper: 0.07mg (3.32%), Vitamin B12: 0.19µg (3.23%), Vitamin B6: 0.06mg (3.1%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.38mg (2.56%), Vitamin E: 0.29mg (1.92%), Selenium: 1.17µg (1.67%), Folate: 5.16µg (1.29%), Iron: 0.22mg (1.22%), Vitamin D: 0.18µg (1.19%), Vitamin B3: 0.2mg (1.02%)