



## Caramelised pineapple compotes

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



140 kcal

SAUCE

### Ingredients

- 1 large pineapple ripe
- 100 g brown sugar
- 500 g yogurt sweetened whole thick (we used Müller and Creamy Yogurt)
- 1 sprigs coconut or

### Equipment

- food processor
- bowl
- frying pan

- ladle
- sieve
- blender

## Directions

- Cut the skin off the pineapple, then cut it lengthways into quarters and remove the core from each piece. Chop the flesh roughly and pure in a food processor or blender until creamy.
- Pour the pure into a large sieve set over a bowl, and leave to drain in the fridge overnight. Do not stir.
- Next day, pour the juice from the bowl into a freezerproof container. Freeze until solid (at least 4 hours).
- Now caramelize the flesh. At this stage, in the restaurant, we rub the flesh through a sieve with the back of a ladle to make it very creamy. Its not vital, but it makes this dessert extra-special. Tip the sugar into a medium-sized frying pan and stir in 2 tbsp cold water. Stand for 5 minutes before heating slowly over a gentle heat, shaking the pan until the sugar dissolves into a clear syrup. When all the crystals have dissolved, raise the heat and cook to a medium golden colour. Tip in the pineapple flesh and cook for 5 minutes, stirring, until flavoured and slightly reduced.
- Remove and cool, then keep in a covered container in the fridge until ready to serve (The pure will keep for up to 2 days.)
- When the pineapple juice has frozen, scrape it into icy shavings using a large metal spoon.
- Place in another container and keep frozen until ready to serve.
- To serve, divide the pure between 8 shot or small wine glasses and top with yogurt. (They can be chilled for up to 4 hours at this point.)
- Remove the shavings from the freezer and spoon over the yogurt. Top each glass with a Frosted coriander sprig and serve with Coconut tuiles.

## Nutrition Facts

 **PROTEIN 11.45%**  **FAT 1.78%**  **CARBS 86.77%**

## Properties

Glycemic Index:8.58, Glycemic Load:7.77, Inflammation Score:-4, Nutrition Score:10.324348041545%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 139.51kcal (6.98%), Fat: 0.29g (0.45%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 30.31g (11.02%), Sugar: 28.08g (31.2%), Cholesterol: 1.25mg (0.42%), Sodium: 52.78mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin C: 54.64mg (66.23%), Manganese: 1.06mg (53.08%), Calcium: 149.47mg (14.95%), Phosphorus: 107.82mg (10.78%), Vitamin B2: 0.18mg (10.73%), Potassium: 299.75mg (8.56%), Vitamin B6: 0.17mg (8.25%), Vitamin B1: 0.12mg (7.96%), Copper: 0.14mg (7.01%), Folate: 28.02µg (7%), Magnesium: 26.61mg (6.65%), Vitamin B5: 0.66mg (6.58%), Fiber: 1.6g (6.38%), Vitamin B12: 0.38µg (6.35%), Zinc: 0.75mg (4.98%), Selenium: 2.53µg (3.61%), Vitamin B3: 0.66mg (3.29%), Iron: 0.48mg (2.65%), Vitamin A: 69.99IU (1.4%)