



Caramelized Pineapple Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



325 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 20 ounce pineapple crushed canned
- ☐ 4 servings chocolate sauce for serving
- ☐ 4 servings ice cream for serving
- ☐ 1 pinch salt
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract

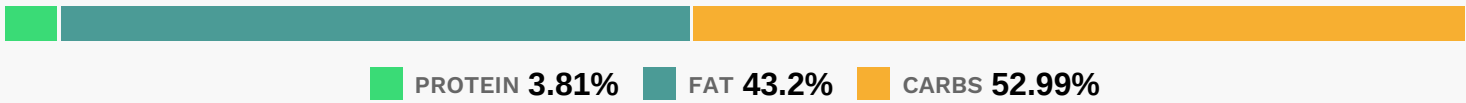
Equipment

☐ frying pan

Directions

- ☐ Melt the butter and sugar in a medium skillet over medium heat. Stir until the sugar dissolves, about 3 minutes. Increase the heat to high.
- ☐ Add the pineapple and cook, stirring occasionally, until golden and coated in caramel, about 5 minutes.
- ☐ Remove the skillet from the heat and add the vanilla and salt. Divide the pineapple sauce among 4 sundae dishes. Top each dish with 1 scoop of ice cream and some chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:9.22, Inflammation Score:-5, Nutrition Score:6.313043469968%

Nutrients (% of daily need)

Calories: 324.69kcal (16.23%), Fat: 16.02g (24.65%), Saturated Fat: 9.93g (62.04%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 41.88g (15.23%), Sugar: 40.44g (44.94%), Cholesterol: 51.63mg (17.21%), Sodium: 70.25mg (3.05%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 3.18g (6.35%), Vitamin C: 13.72mg (16.63%), Vitamin A: 611.15IU (12.22%), Calcium: 115.21mg (11.52%), Vitamin B1: 0.17mg (11.5%), Vitamin B2: 0.19mg (11.36%), Fiber: 2.33g (9.33%), Potassium: 321.19mg (9.18%), Copper: 0.18mg (8.76%), Phosphorus: 82.98mg (8.3%), Magnesium: 31.79mg (7.95%), Vitamin B6: 0.14mg (7.05%), Vitamin B12: 0.28µg (4.6%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.4mg (4.04%), Vitamin E: 0.5mg (3.31%), Iron: 0.51mg (2.86%), Selenium: 1.96µg (2.79%), Folate: 10.8µg (2.7%), Vitamin B3: 0.49mg (2.47%), Vitamin D: 0.29µg (1.93%), Vitamin K: 1.95µg (1.86%)