



## Caramelized Pineapple Sundaes with Chocolate-Coconut Sauce



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



723 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon coconut extract
- ☐ 15 ounce cream of coconut sweetened canned (such as Coco López)
- ☐ 2 tablespoons brown sugar packed (firmly )
- ☐ 0.5 cup macadamia nuts unsalted coarsely chopped
- ☐ 1 small pineapple cored peeled cut into 1-inch pieces
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar

- ☐ 3 tablespoons butter unsalted
- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 pints whipped cream
- ☐ 0.3 cup water

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ pastry brush

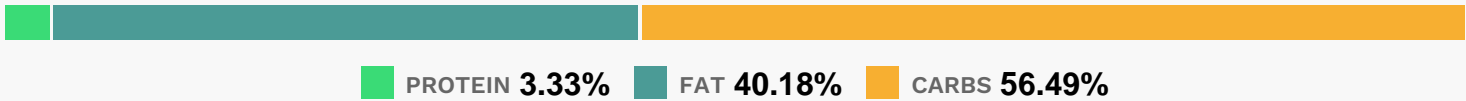
## Directions

- ☐ Line 8x8-inch baking pan with foil. Stir sugar and water in heavy small saucepan over medium-low heat until sugar dissolves. Increase heat and boil without stirring until syrup is deep amber color, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 7 minutes.
- ☐ Mix in nuts. Immediately pour mixture into prepared pan, spreading slightly. Cool completely. Peel foil off praline. Coarsely chop praline. (Can be made 1 week ahead. Store refrigerated in airtight container.)
- ☐ Bring cream of coconut and cocoa to simmer in heavy medium saucepan over medium-low heat, whisking until smooth.
- ☐ Remove from heat.
- ☐ Add extracts and salt; whisk to blend. Cool. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.)
- ☐ Melt butter and sugar in very large skillet over medium heat, stirring until sugar dissolves. Increase heat to high.
- ☐ Add pineapple and sauté until golden, about 3 minutes per side. Divide pineapple among 8 sundae dishes. Top each with 1 scoop of ice cream. Top with sauce and praline.

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When making the praline topping, do not stir the sugar syrup as it boils. Stirring will cause the melted sugar to crystallize and become grainy.

## Nutrition Facts



## Properties

Glycemic Index:24.97, Glycemic Load:37.42, Inflammation Score:-6, Nutrition Score:16.115652167279%

## Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg 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: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 723.11kcal (36.16%), Fat: 33.19g (51.06%), Saturated Fat: 20.03g (125.16%), Carbohydrates: 104.97g (34.99%), Net Carbohydrates: 98.68g (35.88%), Sugar: 93.8g (104.23%), Cholesterol: 63.34mg (21.11%), Sodium: 130.42mg (5.67%), Alcohol: 0.19g (100%), Alcohol %: 0.07% (100%), Caffeine: 8.63mg (2.88%), Protein: 6.2g (12.39%), Manganese: 1.55mg (77.61%), Vitamin C: 54.88mg (66.53%), Fiber: 6.29g (25.16%), Vitamin B2: 0.35mg (20.51%), Calcium: 182.26mg (18.23%), Copper: 0.36mg (18.11%), Phosphorus: 177.94mg (17.79%), Vitamin B1: 0.24mg (16.08%), Magnesium: 60.25mg (15.06%), Vitamin A: 694.83IU (13.9%), Potassium: 452.98mg (12.94%), Vitamin B6: 0.21mg (10.62%), Vitamin B5: 1.01mg (10.11%), Zinc: 1.33mg (8.83%), Vitamin B12: 0.47µg (7.84%), Iron: 1.3mg (7.21%), Folate: 28.59µg (7.15%), Vitamin B3: 1mg (5%), Selenium: 3.28µg (4.69%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.32µg (2.1%), Vitamin K: 1.61µg (1.53%)