



## Caramelized Pineapple Sundaes with Coconut



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



77 kcal

### Ingredients

- ☐ 10 servings mint leaves for garnish
- ☐ 2 pound pineapple cored sliced into 1/2-inch-thick rings
- ☐ 0.5 cup coconut shredded sweetened
- ☐ 2 vanilla yogurt fat-free frozen
- ☐ 2 teaspoons vegetable oil

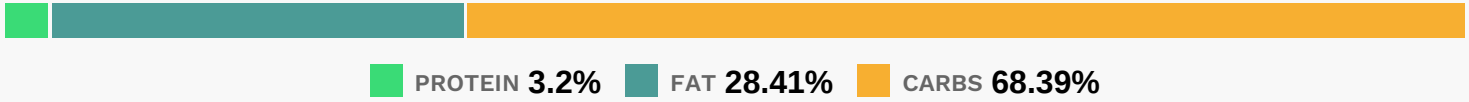
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

# Directions

- ☐ Light a grill.
- ☐ Brush the pineapple rings with the vegetable oil. Grill over moderately high heat, turning occasionally, until the pineapple is lightly charred and softened, about 8 minutes.
- ☐ Transfer the rings to a work surface and cut into bite-size pieces.
- ☐ In a medium skillet, toast the coconut over moderate heat until golden, about 2 minutes.
- ☐ Transfer to a plate to cool.
- ☐ Scoop the yogurt into sundae glasses or bowls. Top with the grilled pineapple, sprinkle with the coconut, garnish with the mint sprigs and serve right away.

## Nutrition Facts



## Properties

Glycemic Index:5.87, Glycemic Load:6.23, Inflammation Score:-3, Nutrition Score:6.7173913565829%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 76.88kcal (3.84%), Fat: 2.63g (4.04%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 12.67g (4.61%), Sugar: 10.93g (12.14%), Cholesterol: 0mg (0%), Sodium: 13.18mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin C: 43.71mg (52.99%), Manganese: 0.96mg (48.21%), Fiber: 1.55g (6.21%), Copper: 0.12mg (5.86%), Vitamin B6: 0.12mg (5.76%), Vitamin B1: 0.07mg (4.93%), Folate: 17.84µg (4.46%), Magnesium: 13.96mg (3.49%), Potassium: 120.16mg (3.43%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.23mg (2.3%), Iron: 0.4mg (2.23%), Vitamin K: 2.3µg (2.19%), Vitamin B2: 0.03mg (1.94%), Vitamin A: 95.52IU (1.91%), Calcium: 15.18mg (1.52%), Zinc: 0.2mg (1.35%), Phosphorus: 13.06mg (1.31%), Selenium: 0.85µg (1.21%)