



Caramelized Pineapple with Brown Sugar-Ginger Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 1 cup t brown sugar dark packed ()
- ☐ 6 servings reserve a bit of sugar and cream
- ☐ 1 pineapple cored peeled halved lengthwise cut lengthwise into 9 wedges
- ☐ 6 tablespoons coconut sweetened flaked toasted

Equipment

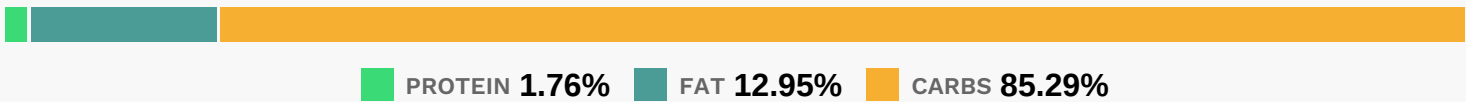
- ☐ baking sheet
- ☐ paper towels

- ☐ aluminum foil
- ☐ broiler
- ☐ sifter

Directions

- ☐ Preheat broiler. Line large baking sheet with foil. Arrange pineapple wedges side by side in single layer on prepared baking sheet. Pat pineapple wedges with paper towels to remove excess moisture. Using fingertips, press 1 cup brown sugar through coarse sifter over pineapple. Broil pineapple wedges until brown sugar caramelizes, watching closely to avoid burning and rotating baking sheet to broil evenly, about 3 minutes.
- ☐ Arrange 3 wedges of warm caramelized pineapple in triangle on each of 6 plates.
- ☐ Place scoop of Brown Sugar-Ginger Ice Cream in center of pineapple triangle.
- ☐ Sprinkle 1 tablespoon coconut over each dessert and serve.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:10.35, Inflammation Score:-4, Nutrition Score:11.488260754425%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 284.55kcal (14.23%), Fat: 4.32g (6.65%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 64.05g (21.35%), Net Carbohydrates: 60.47g (21.99%), Sugar: 55.87g (62.07%), Cholesterol: 0mg (0%), Sodium: 55.63mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin C: 72.1mg (87.39%), Manganese: 1.56mg (78.17%), Fiber: 3.58g (14.3%), Copper: 0.23mg (11.34%), Vitamin B6: 0.19mg (9.42%), Vitamin B1: 0.12mg (8.09%), Potassium: 266.56mg (7.62%), Magnesium: 28.94mg (7.24%), Folate: 27.96µg (6.99%), Calcium: 51.67mg (5.17%), Iron: 0.92mg (5.12%), Vitamin B3: 0.9mg (4.49%), Selenium: 2.97µg (4.25%), Vitamin B5: 0.39mg (3.9%), Vitamin B2: 0.05mg (2.97%), Phosphorus: 28.32mg (2.83%), Zinc: 0.3mg (1.98%), Vitamin A: 87.48IU (1.75%), Vitamin K: 1.06µg (1.01%)