



WHATSheATE



## Caramelized Pineapple with Ginger Crème Anglaise



Vegetarian

READY IN



4500 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon candied ginger julienned
- ☐ 1 large eggs
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 0.8 inch ginger fresh peeled smashed
- ☐ 1 cup milk 1%
- ☐ 4 orange zest fresh
- ☐ 1.5 lb pineapple cored ripe peeled (preferably extra-sweet)

☐ 0.5 tablespoon sugar

## Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ whisk

☐ sieve

☐ plastic wrap

☐ baking pan

☐ wooden spoon

☐ kitchen thermometer

☐ broiler

## Directions

☐ Heat milk, zest, and ginger until hot and remove from heat.

☐ Let stand 25 minutes, then reheat.

☐ Whisk together egg, sugar, flour, and a pinch of salt until smooth.

☐ Pour milk through a sieve into a bowl, discarding solids. Gradually whisk hot milk into egg mixture, then transfer to a small saucepan.

☐ Cook over moderately low heat, stirring constantly, until thickened enough to coat the back of a wooden spoon and a thermometer registers 170°F, 3 to 5 minutes. (Do not let boil.)

☐ Pour custard through a fine sieve into a bowl and cover surface with plastic wrap to prevent a skin from forming. Chill until cold.

☐ Preheat broiler.

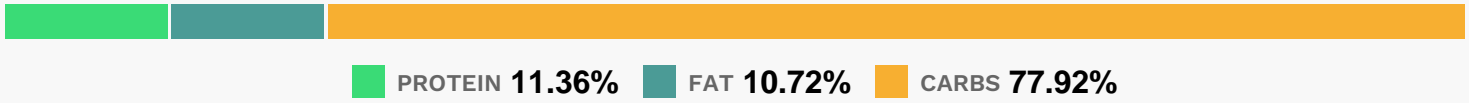
☐ Cut 8 (1/4-inch-thick) slices from middle of pineapple, reserving remainder for another use.

☐ Lightly oil a shallow heavy baking pan and arrange pineapple rounds in 1 layer.

☐ Sprinkle with sugar and broil 4 inches from heat, rotating pan if necessary for even browning, until caramelized, 7 to 8 minutes. Cool pineapple.

- ☐ Place 1 pineapple round on each dessert plate. Make a cut in each remaining round from edge to center. Working with 1 round at a time and holding round perpendicular to plate, gently twist cut edges away from each other and prop on top of pineapple on plate.
- ☐ Spoon crème anglaise around pineapple and sprinkle with crystallized ginger.
- ☐ •Crème anglaise can be made 2 days ahead and chilled, covered. •Pineapple may be broiled up to 1 hour ahead.
- ☐ >each serving about 133 calories and 2 grams fat
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index:54.69, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:15.152174001155%

## 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: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 157.52kcal (7.88%), Fat: 2g (3.08%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 29g (10.55%), Sugar: 23.14g (25.71%), Cholesterol: 49.45mg (16.48%), Sodium: 43.4mg (1.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 97.69mg (118.41%), Manganese: 1.59mg (79.51%), Fiber: 3.7g (14.8%), Vitamin B6: 0.27mg (13.54%), Vitamin B1: 0.19mg (12.91%), Vitamin B2: 0.21mg (12.32%), Calcium: 123.11mg (12.31%), Folate: 42.79µg (10.7%), Copper: 0.21mg (10.59%), Phosphorus: 102.9mg (10.29%), Potassium: 328.19mg (9.38%), Vitamin B5: 0.83mg (8.32%), Magnesium: 32.36mg (8.09%), Selenium: 5.64µg (8.06%), Vitamin B12: 0.47µg (7.85%), Vitamin A: 332.2IU (6.64%), Vitamin D: 0.9µg (5.99%), Vitamin B3: 1.09mg (5.44%), Iron: 0.85mg (4.73%), Zinc: 0.66mg (4.39%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.29µg (1.23%)