



Caramelized Pineapple with Ice Cream



Gluten Free



Low Fod Map

READY IN



14 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 20 oz pineapple fresh cored
- ☐ 4 tablespoons butter unsalted
- ☐ 3 cups whipped cream

Equipment

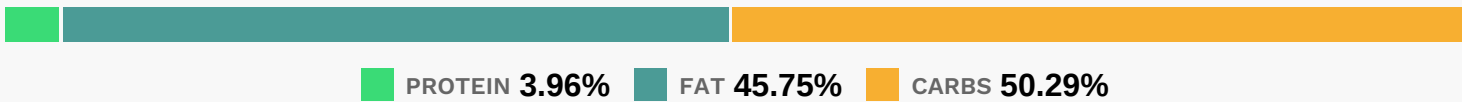
- ☐ bowl
- ☐ frying pan
- ☐ knife

☐ cookie cutter

Directions

- ☐ Slice pineapple into eight rings and cut each into 6 pieces. (If you can't find cored pineapple, buy a whole one and use a paring knife to remove skin and cut into slices. Extract core from each slice with a round cookie cutter.)
- ☐ Warm butter in a large skillet over medium-high heat. When butter begins to foam, add pineapple and brown sugar and cook, stirring frequently, until pineapple begins to brown and sugar is dissolved, 2 to 4 minutes.
- ☐ Remove from heat, scrape into a shallow bowl, and let stand until just warm to the touch, 2 to 3 minutes.
- ☐ Divide ice cream among 6 dessert dishes. Top each with pineapple and sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:15.71, Inflammation Score:-5, Nutrition Score:9.2856521710106%

Flavonoids

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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 285.62kcal (14.28%), Fat: 14.94g (22.99%), Saturated Fat: 9.28g (58.03%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 35.17g (12.79%), Sugar: 32.2g (35.77%), Cholesterol: 49.11mg (16.37%), Sodium: 57.34mg (2.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin C: 45.57mg (55.23%), Manganese: 0.89mg (44.38%), Vitamin A: 565.91IU (11.32%), Vitamin B2: 0.19mg (11.28%), Calcium: 106.61mg (10.66%), Phosphorus: 79.47mg (7.95%), Fiber: 1.78g (7.14%), Potassium: 248.77mg (7.11%), Vitamin B6: 0.14mg (7.08%), Vitamin B1: 0.1mg (6.81%), Copper: 0.12mg (6.25%), Vitamin B5: 0.61mg (6.07%), Magnesium: 21.59mg (5.4%), Folate: 20.68µg (5.17%), Vitamin B12: 0.27µg (4.55%), Zinc: 0.58mg (3.87%), Vitamin E: 0.43mg (2.89%), Vitamin B3: 0.56mg (2.82%), Iron: 0.4mg (2.22%), Selenium: 1.49µg (2.12%), Vitamin D: 0.27µg (1.81%), Vitamin K: 1.51µg (1.44%)