



Festive Grilled Pineapple

 Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



571 kcal

SIDE DISH

DESSERT

Ingredients

- 0.3 cup firmly brown sugar light packed
- 4 tablespoons butter
- 0.5 cup macadamia nuts toasted chopped
- 1 pineapple fresh
- 0.5 cup coconut or sweetened flaked toasted
- 4 servings whipped cream

Equipment

- frying pan

grill

Directions

Peel and core pineapple.

Cut crosswise into 1/2-inch slices.

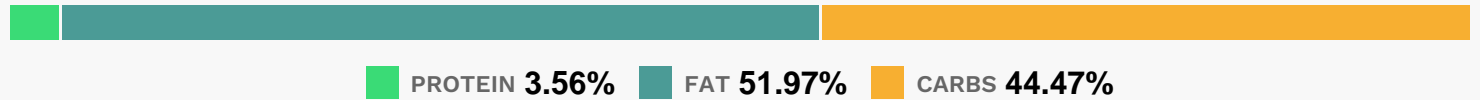
Spray cold cooking grate with cooking spray, and place on grill, over medium-high heat (350 to 400).

Place pineapple slices on cooking grate, and grill 2 to 3 minutes on each side or until grill marks appear.

Melt 4 Tbsp. butter in a large skillet over medium heat. Stir in brown sugar, and cook until sugar dissolves.

Add grilled pineapple, spooning sugar mixture over pineapple, and cook 3 minutes or until mixture is thickened and pineapple is glazed. Top pineapple with ice cream; sprinkle evenly with coconut and macadamia nuts.

Nutrition Facts



Properties

Glycemic Index:44.92, Glycemic Load:24.84, Inflammation Score:-7, Nutrition Score:19.303913069808%

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: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 571.09kcal (28.55%), Fat: 34.55g (53.16%), Saturated Fat: 16.52g (103.27%), Carbohydrates: 66.53g (22.18%), Net Carbohydrates: 60.41g (21.97%), Sugar: 54.3g (60.33%), Cholesterol: 59.14mg (19.71%), Sodium: 180.05mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Manganese: 2.91mg (145.26%), Vitamin C: 108.74mg (131.81%), Vitamin B1: 0.41mg (27.22%), Fiber: 6.12g (24.49%), Copper: 0.43mg (21.42%), Vitamin B6: 0.34mg (17.02%), Magnesium: 65.1mg (16.28%), Vitamin B2: 0.26mg (15.55%), Vitamin A: 758.94IU (15.18%), Calcium: 144.07mg (14.41%), Potassium: 499.6mg (14.27%), Phosphorus: 133.43mg (13.34%), Folate: 46.74µg (11.69%), Vitamin B5: 1.04mg (10.41%), Iron: 1.59mg (8.86%), Vitamin B3: 1.72mg (8.59%), Zinc: 1.04mg (6.91%), Selenium: 4.03µg (5.76%), Vitamin B12: 0.28µg (4.69%), Vitamin E: 0.66mg (4.39%), Vitamin K:

2.76µg (2.63%)