



Tropical Fruit Splits with Rum Sauce and Chile-Macadamia Brittle

 Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



815 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 small banana ripe
- 8 servings pepper flakes
- 1 tablespoon chili powder
- 8 servings coconut fresh sweetened flaked toasted
- 0.5 cup rum dark
- 1 mangos peeled
- 1 papaya peeled halved seeded

- 0.5 pineapple fresh cored peeled
- 2 cups sugar
- 1 tablespoon butter unsalted
- 1 teaspoon vanilla
- 3 pints whipped cream
- 0.3 cup water

Equipment

- frying pan
- sauce pan
- grill
- cutting board

Directions

- Stir together rum, boiling-hot water, and vanilla. Cook sugar in a 3-quart heavy saucepan over moderately low heat, stirring slowly with a fork, until melted and pale golden. Cook caramel without stirring, swirling pan, until deep golden.
- Remove pan from heat and carefully stir in rum mixture (caramel will harden and steam vigorously). (Pan is removed from the flame to prevent alcohol from igniting. If it does ignite, simply allow flames to burn out on their own.) Simmer sauce until smooth.
- Remove pan from heat and when bubbling subsides stir in butter. Cool sauce to room temperature.
- Prepare grill for cooking. Standing mango upright, cut 1 lengthwise slice from each broad side of mango (be careful because peeled mango is slippery) and discard pit.
- Cut each papaya half lengthwise into thirds.
- Standing pineapple upright, cut lengthwise into 1/2-inch-thick slices.
- Halve bananas lengthwise.
- Sprinkle all fruit lightly on 1 side with chili powder.
- Grill fruit on a well-oiled rack set 5 to 6 inches over glowing coals until grill marks form, about 1 minute. Turn fruit over and grill 1 minute more.

- Transfer to a cutting board and slice into decorative pieces.
- Coarsely chop three fourths of brittle, reserving remainder for garnish.
- Put 3 scoops ice cream into each of 8 dishes and top with grilled fruit and sauce.
- Sprinkle splits with chopped brittle and garnish with larger pieces of brittle and coconut.
- Rum sauce may be made 2 days ahead and chilled, covered. If sauce is too thick, bring to room temperature.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:84.49, Inflammation Score:-9, Nutrition Score:23.205217237058%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 9.69mg, Catechin: 9.69mg, Catechin: 9.69mg, Catechin: 9.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 814.8kcal (40.74%), Fat: 22.33g (34.35%), Saturated Fat: 13.47g (84.18%), Carbohydrates: 143.57g (47.86%), Net Carbohydrates: 135.94g (49.43%), Sugar: 119.12g (132.36%), Cholesterol: 81.84mg (27.28%), Sodium: 168.74mg (7.34%), Alcohol: 5.18g (100%), Alcohol %: 1.23% (100%), Protein: 8.93g (17.85%), Vitamin C: 88.22mg (106.93%), Manganese: 1.03mg (51.51%), Vitamin B6: 0.82mg (41.1%), Vitamin A: 1953.19IU (39.06%), Vitamin B2: 0.6mg (35.53%), Potassium: 1127.53mg (32.22%), Fiber: 7.63g (30.52%), Calcium: 258.51mg (25.85%), Phosphorus: 240.94mg (24.09%), Magnesium: 87.57mg (21.89%), Folate: 77.2µg (19.3%), Vitamin B5: 1.81mg (18.13%), Copper: 0.3mg (15.07%), Vitamin B1: 0.19mg (12.75%), Vitamin B12: 0.69µg (11.58%), Zinc: 1.66mg (11.09%), Vitamin B3: 2.06mg (10.29%), Vitamin E: 1.53mg (10.22%), Selenium: 5.88µg (8.4%), Iron: 1.18mg (6.54%), Vitamin K: 6.34µg (6.04%), Vitamin D: 0.38µg (2.54%)