



Fresh Pineapple Dessert

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



288 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar
- 0.5 cup coconut or flaked
- 1 pineapple fresh

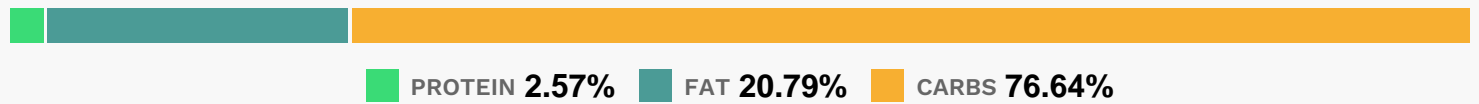
Equipment

- baking sheet
- oven
- knife
- broiler

Directions

- Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source.
- Slice the top and bottom off the pineapple.
- Cut into quarters and remove the core from each piece.
- Lay each section skin side down and, using a sharp knife, separate the fruit along the skin, allowing the fruit to rest on the skin for presentation.
- Cut the fruit into slices for easy eating.
- Place on a baking sheet and sprinkle each section with 2 tablespoons each of brown sugar and coconut.
- Broil until the coconut is toasted, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:15.53, Inflammation Score:-6, Nutrition Score:14.74434783666%

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: 287.75kcal (14.39%), Fat: 7.13g (10.97%), Saturated Fat: 6.1g (38.12%), Carbohydrates: 59.13g (19.71%), Net Carbohydrates: 54.23g (19.72%), Sugar: 49.74g (55.27%), Cholesterol: 0mg (0%), Sodium: 13.89mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin C: 108.31mg (131.28%), Manganese: 2.41mg (120.33%), Fiber: 4.9g (19.6%), Copper: 0.35mg (17.32%), Vitamin B6: 0.3mg (14.83%), Vitamin B1: 0.19mg (12.34%), Folate: 41.96µg (10.49%), Magnesium: 39.19mg (9.8%), Potassium: 340.88mg (9.74%), Iron: 1.2mg (6.69%), Vitamin B3: 1.23mg (6.13%), Vitamin B5: 0.6mg (6.03%), Calcium: 55mg (5.5%), Vitamin B2: 0.08mg (4.88%), Phosphorus: 41.09mg (4.11%), Selenium: 2.52µg (3.6%), Zinc: 0.49mg (3.29%), Vitamin A: 131.23IU (2.62%), Vitamin K: 1.62µg (1.54%)