



## Glazed Pineapple

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup firmly brown sugar packed
- 3 tablespoons rum dark
- 2 tablespoons honey
- 1 tablespoon butter
- 1.5 cups vanilla nonfat yogurt frozen
- 1 cup orange juice unsweetened
- 4.5 inch pineapple fresh (1 medium)

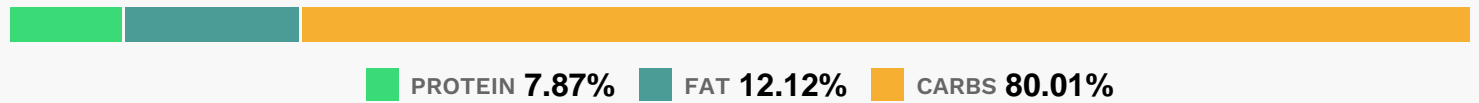
## Equipment

frying pan

## Directions

- Sprinkle both sides of pineapple slices evenly with brown sugar.
- Coat a large nonstick skillet with cooking spray; add margarine.
- Place over medium-high heat until margarine melts.
- Add pineapple slices, and cook 4 minutes on each side or until tender.
- Transfer pineapple slices to individual serving plates.
- Add orange juice, rum, and honey to skillet; bring to a boil. Cook until mixture is reduced to 1/2 cup.
- Pour orange juice mixture evenly over pine-apple slices; top each slice with 1/4 cup frozen yogurt.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:29.66, Glycemic Load:5.33, Inflammation Score:-3, Nutrition Score:4.4273912906647%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 167.96kcal (8.4%), Fat: 2.09g (3.21%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 30.84g (11.22%), Sugar: 29.94g (33.26%), Cholesterol: 1.23mg (0.41%), Sodium: 60.88mg (2.65%), Alcohol: 2.51g (100%), Alcohol %: 2.43% (100%), Protein: 3.05g (6.1%), Vitamin C: 22.05mg (26.72%), Calcium: 106.62mg (10.66%), Phosphorus: 81.55mg (8.15%), Vitamin B2: 0.13mg (7.48%), Potassium: 220.53mg (6.3%), Selenium: 3.88µg (5.55%), Vitamin B12: 0.29µg (4.84%), Folate: 18.51µg (4.63%), Vitamin B1: 0.06mg (4.26%), Magnesium: 15mg (3.75%), Vitamin A: 174.58IU (3.49%), Zinc: 0.5mg (3.32%), Manganese: 0.06mg (2.89%), Vitamin B6: 0.05mg (2.44%), Copper: 0.04mg (1.77%), Vitamin B3: 0.26mg (1.28%), Iron: 0.23mg (1.27%), Vitamin B5: 0.1mg (1.01%)