



Grilled Cardamom-Scented Pineapple with Vanilla Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

Ingredients

- ☐ 8 cardamom pods whole
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 3 tablespoons butter unsalted cut into small pieces
- ☐ 6 servings whipped cream

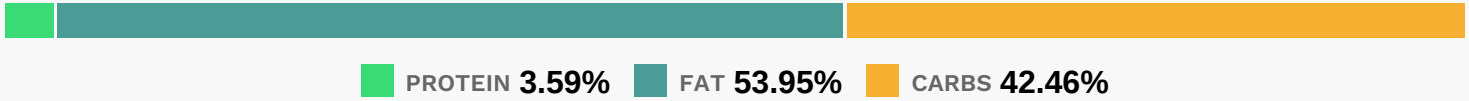
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare barbecue (medium-high heat). Bring molasses, butter, and cardamom to boil in heavy medium saucepan over high heat, stirring occasionally to melt butter. Reduce heat to low and simmer until slightly thickened, about 5 minutes.
- ☐ Remove from heat. Stir in lime juice. (Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Whisk before using.)
- ☐ Brush pineapple rounds with peanut oil.
- ☐ Sprinkle with salt and pepper. Grill until golden brown and slightly charred, brushing with glaze on each side during last 30 seconds of cooking, about 4 minutes per side. Divide pineapple among 6 plates. Top with vanilla ice cream, and drizzle with remaining glaze.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:15.43, Inflammation Score:-5, Nutrition Score:8.0095652238182%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 291.07kcal (14.55%), Fat: 17.8g (27.39%), Saturated Fat: 8.89g (55.55%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 30.32g (11.02%), Sugar: 28.01g (31.12%), Cholesterol: 44.09mg (14.7%), Sodium: 61.01mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Manganese: 1.04mg (51.95%), Magnesium: 60.93mg (15.23%), Calcium: 134.99mg (13.5%), Potassium: 438.15mg (12.52%), Vitamin B2: 0.17mg (9.78%), Vitamin A: 453.62IU (9.07%), Vitamin B6: 0.16mg (8.2%), Phosphorus: 81.76mg (8.18%), Iron: 1.32mg (7.33%), Vitamin E: 1.1mg (7.31%), Selenium: 4.59µg (6.56%), Copper: 0.12mg (5.91%), Vitamin B5: 0.54mg (5.44%),

Fiber: 1.22g (4.86%), Zinc: 0.72mg (4.78%), Vitamin B12: 0.27µg (4.49%), Vitamin B1: 0.04mg (2.72%), Vitamin C: 1.46mg (1.76%), Vitamin D: 0.24µg (1.58%), Vitamin B3: 0.29mg (1.43%)