



Grilled Glazed Pineapple with Coconut Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



13 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 4 servings mint leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup orange marmalade
- ☐ 1 pineapple
- ☐ 0.1 teaspoon salt
- ☐ 4 servings raspberry sorbet
- ☐ 1 tablespoon vegetable oil

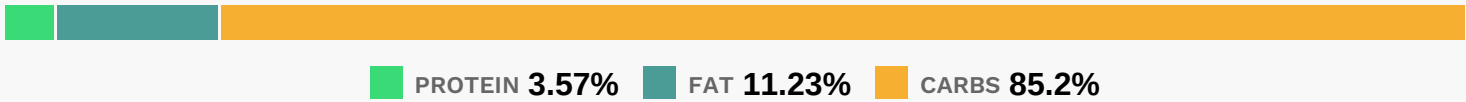
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ microwave

Directions

- ☐ Whisk together orange marmalade and lime juice in a small microwave–safe bowl. Microwave at HIGH 15 seconds.
- ☐ Peel and core pineapple, and cut into quarters. Reserve half of pineapple for another use. Halve each of the 2 remaining quarters lengthwise into long spears.
- ☐ Brush with vegetable oil, and toss with marmalade mixture.
- ☐ Sprinkle with salt. Grill pineapple over medium–high heat (40
- ☐ for 5 to 7 minutes or until tender, turning occasionally.
- ☐ Spoon 1 scoop coconut sorbet into each of 4 bowls.
- ☐ Serve with grilled pineapple slices, and sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:15.53, Inflammation Score:-6, Nutrition Score:14.234347822873%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 313.34kcal (15.67%), Fat: 4.1g (6.31%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 64.92g (23.61%), Sugar: 54.12g (60.13%), Cholesterol: 0mg (0%), Sodium: 145.86mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Vitamin C: 110.87mg (134.39%), Manganese: 2.12mg (105.76%), Fiber: 5.03g (20.1%), Copper: 0.28mg (13.86%), Vitamin B6: 0.26mg (13.06%), Vitamin B1: 0.18mg

(12.12%), Folate: 44.64µg (11.16%), Potassium: 266.57mg (7.62%), Vitamin K: 7.86µg (7.48%), Magnesium: 28.79mg (7.2%), Vitamin B3: 1.17mg (5.84%), Vitamin B5: 0.49mg (4.94%), Vitamin B2: 0.08mg (4.84%), Calcium: 42.55mg (4.25%), Iron: 0.75mg (4.18%), Vitamin A: 192.11IU (3.84%), Vitamin E: 0.35mg (2.32%), Phosphorus: 20.42mg (2.04%), Zinc: 0.3mg (1.98%)