



Grilled Pineapple



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 1 pineapple
- ☐ 8 servings dulce de leche
- ☐ 8 servings whipped cream

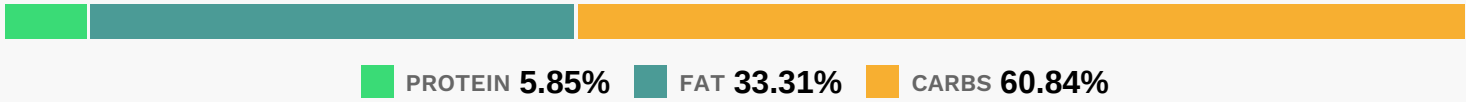
Equipment

- ☐ grill

Directions

- ☐
- Prepare grill.
- ☐
- Cut pineapple lengthwise through leaves, keeping leaves attached, into 8 wedges. Grill pineapple wedges, a cut side down, on a lightly oiled rack set 5 to 6 inches over glowing coals until just charred, about 2 minutes on each cut side.
- ☐
- Serve pineapple with ice cream and dulce de leche.

Nutrition Facts



Properties

Glycemic Index:20.21, Glycemic Load:16.98, Inflammation Score:-5, Nutrition Score:9.9791303484336%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 193.18kcal (9.66%), Fat: 7.4g (11.38%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 28.35g (10.31%), Sugar: 25.13g (27.93%), Cholesterol: 29.04mg (9.68%), Sodium: 53.93mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 54.47mg (66.02%), Manganese: 1.05mg (52.7%), Vitamin B2: 0.19mg (11.45%), Calcium: 99.19mg (9.92%), Fiber: 2.05g (8.18%), Vitamin B6: 0.16mg (7.92%), Phosphorus: 78.35mg (7.84%), Vitamin B1: 0.12mg (7.76%), Potassium: 254.65mg (7.28%), Copper: 0.14mg (6.98%), Vitamin A: 343.47IU (6.87%), Vitamin B5: 0.62mg (6.24%), Folate: 23.66µg (5.92%), Magnesium: 22.82mg (5.7%), Vitamin B12: 0.26µg (4.29%), Zinc: 0.59mg (3.94%), Vitamin B3: 0.64mg (3.21%), Iron: 0.39mg (2.15%), Selenium: 1.3µg (1.86%), Vitamin E: 0.22mg (1.47%)