



Grilled Pineapple, Bananas, and Grapes

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

473 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 3 but bananas firm ripe peeled halved lengthwise halved
- ☐ 1 pineapple canned drained cut into 3/ slices, or 8 pineapple slices in pineapple juice,
- ☐ 2 tablespoons rum dark
- ☐ 3 tablespoons mint leaves fresh chopped for garnish
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup honey
- ☐ 2 tablespoons juice of lemon fresh from
- ☐ 1 large lemon zest

- ☐ 0.5 cup brown sugar light
- ☐ 0.3 cup greek yogurt plain
- ☐ 3 tablespoons powdered sugar
- ☐ 6 grapes green red halved
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer
- ☐ grill
- ☐ grill pan

Directions

- ☐ For the glaze: In a small saucepan, bring the honey, lemon juice, and lemon zest to a boil over medium heat. Boil for 1 minute until smooth. Set aside to cool.
- ☐ For the cream: In a medium bowl, using a hand mixer on medium speed, beat the cream until thick.
- ☐ Add the sugar and beat until the cream holds stiff peaks. Beat in the yogurt, rum, and vanilla.
- ☐ Place a grill pan over medium heat or preheat a gas or charcoal grill.
- ☐ Sprinkle each side of the pineapple slices with brown sugar.
- ☐ Sprinkle the cut sides of the bananas and grapes with brown sugar. Grill the pineapple until grill-marked and golden, 4 to 5 minutes each side. Grill the bananas and grapes until lightly browned and warmed through, 2 to 3 minutes each side.
- ☐ Place the grilled pineapple on 4 plates. Top with 3 banana slices and 3 grapes.
- ☐ Drizzle with honey glaze and spoon a dollop of the cream on top.
- ☐ Garnish with chopped fresh mint and serve.

Nutrition Facts



 **PROTEIN 2.9%**  **FAT 20.78%**  **CARBS 76.32%**

Properties

Glycemic Index:42.01, Glycemic Load:28.59, Inflammation Score:-5, Nutrition Score:7.6091304861981%

Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 473.27kcal (23.66%), Fat: 11.15g (17.15%), Saturated Fat: 6.97g (43.58%), Carbohydrates: 92.14g (30.71%), Net Carbohydrates: 89.2g (32.44%), Sugar: 80.92g (89.91%), Cholesterol: 34.24mg (11.41%), Sodium: 24.53mg (1.07%), Alcohol: 2.68g (100%), Alcohol %: 1.44% (100%), Protein: 3.5g (7%), Vitamin B6: 0.38mg (19.12%), Vitamin C: 14.38mg (17.43%), Manganese: 0.34mg (17.25%), Potassium: 468.43mg (13.38%), Vitamin A: 660.04IU (13.2%), Fiber: 2.94g (11.75%), Vitamin B2: 0.19mg (11.25%), Magnesium: 34.97mg (8.74%), Calcium: 75.78mg (7.58%), Folate: 27.02µg (6.76%), Copper: 0.13mg (6.48%), Phosphorus: 61.88mg (6.19%), Selenium: 3.75µg (5.35%), Vitamin B5: 0.51mg (5.09%), Iron: 0.89mg (4.92%), Vitamin B3: 0.81mg (4.05%), Vitamin B1: 0.05mg (3.19%), Vitamin D: 0.48µg (3.17%), Zinc: 0.43mg (2.87%), Vitamin E: 0.39mg (2.62%), Vitamin K: 2.49µg (2.37%), Vitamin B12: 0.14µg (2.25%)