



Grilled Pineapple Butterscotch Sundaes

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup heavy whipping cream
- ☐ 2 pineapples fresh cored peeled cut into 6 spears
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 3 cups whipped cream

☐ 2 tablespoons sugar white

Equipment

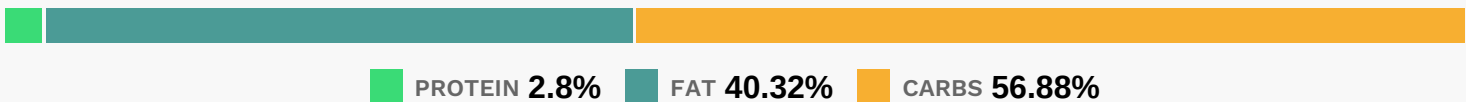
☐ sauce pan

☐ grill

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Heat 6 tablespoons butter, white sugar, and nutmeg in a saucepan over medium heat, stirring until sugar is dissolved, about 5 minutes.
- ☐ Brush pineapple spears with butter mixture.
- ☐ Arrange pineapple on preheated grill and cover; grill until lightly browned, turning occasionally, 7 to 10 minutes.
- ☐ Transfer pineapple to a platter.
- ☐ Melt remaining 1/2 cup butter in another saucepan over medium heat. Stir in brown sugar and heavy cream. Bring to a boil, stirring constantly.
- ☐ Remove from heat and add vanilla extract and salt.
- ☐ Serve pineapple topped with cream sauce and ice cream.

Nutrition Facts



Properties

Glycemic Index:25.81, Glycemic Load:16.37, Inflammation Score:-6, Nutrition Score:12.163912959721%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 323.8kcal (16.19%), Fat: 15.08g (23.21%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 45.52g (16.55%), Sugar: 41.98g (46.65%), Cholesterol: 46.06mg (15.35%), Sodium: 99.82mg (4.34%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 2.36g (4.71%), Vitamin C: 72.36mg (87.71%),

Manganese: 1.41mg (70.74%), Vitamin A: 608.59IU (12.17%), Vitamin B6: 0.2mg (9.81%), Fiber: 2.35g (9.41%), Copper: 0.18mg (9.2%), Vitamin B1: 0.14mg (9.02%), Vitamin B2: 0.15mg (8.83%), Calcium: 86.02mg (8.6%), Potassium: 266.83mg (7.62%), Folate: 29.7µg (7.42%), Magnesium: 25.37mg (6.34%), Vitamin B5: 0.57mg (5.73%), Phosphorus: 55.58mg (5.56%), Vitamin B3: 0.82mg (4.12%), Iron: 0.61mg (3.4%), Zinc: 0.45mg (2.99%), Vitamin E: 0.44mg (2.93%), Vitamin B12: 0.16µg (2.68%), Vitamin K: 2.13µg (2.03%), Selenium: 1.37µg (1.96%), Vitamin D: 0.22µg (1.5%)