



Grilled Pineapple Pound Cake a la Mode

 Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



394 kcal

DESSERT

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon butter
- 20 ounce pineapple sliced canned
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 6 servings nuts for topping
- 6 slices round cake
- 6 servings raspberries for topping

- 0.3 teaspoon vanilla extract
- 6 servings whipped cream for topping

Equipment

- grill

Directions

- Drain pineapple, reserving 1/3 cup juice and 6 pineapple rings (save remaining juice and pineapple for another use).
- Combine butter, brown sugar, vanilla, cinnamon and nutmeg.
- Brush half of the mixture on both sides of pineapple rings and cake slices.
- On an uncovered grill over medium heat, cook pineapple and cake for 1 to 2 minutes on each side or until golden brown, brushing occasionally with remaining pineapple juice mixture.
- Top each slice of cake with a pineapple ring. Top with raspberries, nuts and whipped cream, if desired.
- Serve immediately.

Nutrition Facts



PROTEIN 7.93% **FAT 43.34%** **CARBS 48.73%**

Properties

Glycemic Index:39.28, Glycemic Load:2.72, Inflammation Score:-6, Nutrition Score:14.160869538784%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 393.65kcal (19.68%), Fat: 19.98g (30.74%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 42.53g (15.46%), Sugar: 29.59g (32.88%), Cholesterol: 40.18mg (13.39%), Sodium: 208.11mg (9.05%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 8.23g (16.46%), Manganese: 1.06mg (52.82%), Fiber: 8.01g (32.04%), Vitamin C: 24.73mg (29.97%), Copper: 0.56mg (27.98%), Magnesium: 99.18mg (24.8%), Phosphorus: 201.72mg (20.17%), Vitamin B1: 0.25mg (16.73%), Iron: 2.63mg (14.6%), Vitamin B3: 2.63mg (13.13%), Potassium: 429.19mg (12.26%), Folate: 46.73µg (11.68%), Zinc: 1.67mg (11.11%), Vitamin B2: 0.19mg (11.07%), Vitamin B6: 0.21mg (10.59%), Calcium: 80.91mg (8.09%), Vitamin B5: 0.73mg (7.26%), Vitamin K: 5.69µg (5.42%), Selenium: 3.36µg (4.8%), Vitamin E: 0.71mg (4.71%), Vitamin A: 217.32IU (4.35%), Vitamin B12: 0.09µg (1.56%)