



Grilled Pineapple Skewers With Rum Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup firmly brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.3 cup rum dark
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 pineapples fresh
- ☐ 6 inch wooden skewers
- ☐ 6 inch wooden skewers

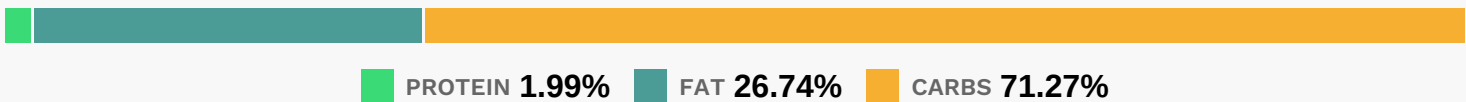
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak skewers in water 30 minutes.
- ☐ Stir together brown sugar and next 4 ingredients in a small saucepan over medium heat, stirring constantly, until blended. Cook over low heat, without stirring, 10 minutes or until sauce begins to thicken.
- ☐ Remove from heat; keep warm.
- ☐ Cut pineapples lengthwise into fourths, leaving crown ends on.
- ☐ Remove hard core from each quarter; cut pineapple pulp away from shell in one wedge-shaped piece, keeping the crown and shell intact. Set pineapple shell aside.
- ☐ Cut pineapple wedge into 8 equal crosswise slices, and thread onto wooden skewers. Repeat procedure with remaining wedges.
- ☐ Spray food grate with cooking spray, and place on grill.
- ☐ Place pineapple on grate. Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) 4 to 5 minutes on each side or until thoroughly heated.
- ☐ Arrange skewers in reserved pineapple shells, and drizzle with warm rum mixture.

Nutrition Facts



Properties

Glycemic Index:16.56, Glycemic Load:15.54, Inflammation Score:-6, Nutrition Score:13.800869559464%

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: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 266.43kcal (13.32%), Fat: 7.96g (12.24%), Saturated Fat: 4.89g (30.58%), Carbohydrates: 47.72g (15.91%), Net Carbohydrates: 44.5g (16.18%), Sugar: 40.09g (44.54%), Cholesterol: 20.34mg (6.78%), Sodium: 68.29mg (2.97%), Alcohol: 2.23g (100%), Alcohol %: 1.08% (100%), Protein: 1.33g (2.66%), Vitamin C: 108.15mg (131.09%), Manganese: 2.13mg (106.3%), Vitamin B6: 0.26mg (13.07%), Copper: 0.26mg (12.98%), Fiber: 3.22g (12.88%), Vitamin B1: 0.18mg (11.98%), Folate: 41.23µg (10.31%), Potassium: 273.9mg (7.83%), Vitamin A: 367.88IU (7.36%), Magnesium: 29.12mg (7.28%), Vitamin B3: 1.16mg (5.79%), Vitamin B5: 0.52mg (5.17%), Calcium: 47.81mg (4.78%), Vitamin B2: 0.08mg (4.47%), Iron: 0.8mg (4.44%), Vitamin K: 2.27µg (2.16%), Phosphorus: 21.51mg (2.15%), Zinc: 0.29mg (1.94%), Vitamin E: 0.27mg (1.78%)