



Grilled Pineapple Slices with Ginger Cream

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



166 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon candied ginger chopped
- ☐ 6 maraschino cherries
- ☐ 3 lb pineapple
- ☐ 0.5 cup cream fat-free sour

Equipment

- ☐ bowl

☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix all ginger cream ingredients. Cover and refrigerate until serving time.
- ☐ Cut 1/2-inch slice off top and bottom of pineapple.
- ☐ Cut off rind.
- ☐ Cut pineapple crosswise into 6 slices; remove "eyes" from slices.
- ☐ Drizzle both sides of pineapple slices with butter.
- ☐ Place pineapple slices on grill. Cover grill; cook over medium heat 10 to 15 minutes, turning once, until hot and light brown. To serve, top pineapple with ginger cream; garnish with cherries.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:15.57, Inflammation Score:-6, Nutrition Score:13.955217415872%

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: 165.56kcal (8.28%), Fat: 2.16g (3.32%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 34.76g (12.64%), Sugar: 27.56g (30.62%), Cholesterol: 1.73mg (0.57%), Sodium: 52.31mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin C: 108.41mg (131.41%), Manganese: 2.1mg (105.21%), Fiber: 3.34g (13.34%), Copper: 0.26mg (13.03%), Vitamin B6: 0.26mg (12.96%), Vitamin B1: 0.19mg (12.47%), Folate: 42.97µg (10.74%), Potassium: 276.62mg (7.9%), Magnesium: 29.58mg (7.4%), Vitamin B2: 0.1mg (6.01%), Calcium: 58.5mg (5.85%), Vitamin B3: 1.15mg (5.75%), Vitamin A: 266.13IU (5.32%), Vitamin B5: 0.49mg (4.9%), Iron: 0.69mg (3.85%), Phosphorus: 37.12mg (3.71%), Zinc: 0.38mg (2.54%), Selenium: 1.28µg (1.82%), Vitamin K: 1.66µg (1.58%)