



## Grilled Pineapple Sundaes

READY IN



15 min.

SERVINGS



6

CALORIES



871 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 0.5 cup butter softened
- 6 servings individually wrapped caramels for topping
- 3 ounce cream cheese softened
- 2.5 cups flour all-purpose
- 6 servings mint leaves fresh for garnish, optional
- 0.3 cup heavy whipping cream
- 1 large pineapple 1-inch-thick cored cut into slices

- 0.5 teaspoon salt
- 0.5 cup sugar
- 6 servings whipped cream for topping

## Equipment

- food processor
- bowl
- baking sheet
- baking paper
- oven
- grill
- pastry cutter

## Directions

- Preheat the grill to medium heat.
- Brush pineapple slices with melted butter and grill until softened, about 4 to 5 minutes.
- Serve with ice cream and caramel topping on top of Cream Cheese Shortcakes.
- Garnish with fresh mint, if desired.
- Preheat the oven to 375 degrees F. Line a baking sheet with parchment paper.
- In a large bowl, combine the flour, sugar, baking powder, and salt. Using a food processor or pastry cutter, cut in the butter until the mixture is crumbly.
- Add the cream cheese, stirring to combine, then add the heavy cream, stirring just until the dry ingredients are moistened.
- On a lightly floured surface, roll out the dough to 3/4-inch thickness.
- Cut the dough with a 2 1/2-inch round cutter, rerolling as necessary. Arrange the shortcakes on the prepared baking sheet and bake until lightly browned, about 13 to 15 minutes.
- Remove from the oven and cool completely before serving.

## Nutrition Facts



■ PROTEIN 4.76% ■ FAT 49.76% ■ CARBS 45.48%

## Properties

Glycemic Index:91.46, Glycemic Load:65.53, Inflammation Score:-9, Nutrition Score:23.329565483591%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 871.23kcal (43.56%), Fat: 49.16g (75.63%), Saturated Fat: 30.18g (188.61%), Carbohydrates: 101.08g (33.69%), Net Carbohydrates: 97.02g (35.28%), Sugar: 53.11g (59.02%), Cholesterol: 140.34mg (46.78%), Sodium: 706.8mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Manganese: 1.77mg (88.73%), Vitamin C: 72.93mg (88.4%), Vitamin B1: 0.57mg (38.27%), Vitamin A: 1742.21IU (34.84%), Vitamin B2: 0.57mg (33.28%), Folate: 130.24µg (32.56%), Selenium: 21.27µg (30.39%), Calcium: 238.32mg (23.83%), Phosphorus: 210.88mg (21.09%), Vitamin B3: 3.97mg (19.87%), Iron: 3.17mg (17.62%), Fiber: 4.06g (16.25%), Copper: 0.27mg (13.33%), Vitamin B6: 0.24mg (12.21%), Potassium: 419.56mg (11.99%), Vitamin B5: 1.15mg (11.54%), Magnesium: 44.62mg (11.16%), Vitamin E: 1.43mg (9.51%), Zinc: 1.2mg (7.97%), Vitamin B12: 0.4µg (6.73%), Vitamin K: 4.96µg (4.72%), Vitamin D: 0.34µg (2.29%)