

Grilled Pineapple with Mascarpone Cream

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



660 kcal

SIDE DISH

DESSERT

Ingredients

- 1 tablespoon hazelnuts chopped
- 3 tablespoons honey
- 1 juice of lemon juiced
- 16 ounce mascarpone cheese
- 8 slices pineapple fresh peeled

Equipment

- bowl
- frying pan

sauce pan

grill

Directions

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Place the hazelnuts into a small saucepan over medium heat, and shake the pan until the nuts turn golden and fragrant, about 3 minutes.

Remove from heat, and set aside.

Mix the lemon juice, lemon zest, mascarpone cheese, and honey in a bowl until well combined.

Grill the pineapple slices on the preheated grill until the slices show brown grill marks and the fruit is hot and juicy, about 3 minutes per side.

Serve 2 slices per plate with a generous dollop of sweetened mascarpone cheese and a sprinkling of toasted hazelnuts on each serving.

Nutrition Facts

 **PROTEIN 5.59%** **FAT 71.43%** **CARBS 22.98%**

Properties

Glycemic Index:31.48, Glycemic Load:18.33, Inflammation Score:-8, Nutrition Score:14.238261025885%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 659.52kcal (32.98%), Fat: 52.77g (81.18%), Saturated Fat: 31.88g (199.26%), Carbohydrates: 38.19g (12.73%), Net Carbohydrates: 35.54g (12.92%), Sugar: 29.78g (33.08%), Cholesterol: 113.4mg (37.8%), Sodium: 64.75mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.59%), Vitamin C: 83.44mg (101.14%),

Manganese: 1.73mg (86.26%), Vitamin A: 1685.96IU (33.72%), Calcium: 184.84mg (18.48%), Copper: 0.23mg (11.73%), Fiber: 2.65g (10.59%), Vitamin B6: 0.21mg (10.47%), Vitamin B1: 0.15mg (10.04%), Folate: 34.88µg (8.72%), Magnesium: 25mg (6.25%), Potassium: 216.04mg (6.17%), Vitamin B3: 0.91mg (4.55%), Vitamin B5: 0.4mg (4.01%), Iron: 0.68mg (3.76%), Vitamin B2: 0.06mg (3.75%), Vitamin E: 0.42mg (2.8%), Phosphorus: 21.92mg (2.19%), Zinc: 0.3mg (2.01%), Vitamin K: 1.53µg (1.46%)