



Grilled Pineapple with Nutella



Vegetarian



Gluten Free

READY IN



22 min.

SERVINGS



12

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup chocolate-hazelnut spread (recommended: Nutella)
- ☐ 3 tablespoons hazelnuts toasted chopped
- ☐ 0.7 cup mascarpone cheese room temperature
- ☐ 12 servings olive oil
- ☐ 2 pineapples peeled
- ☐ 0.5 teaspoon vanilla extract
- ☐ 6 tablespoons whipping cream

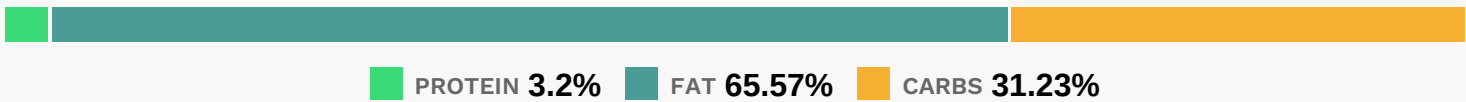
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ microwave
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Prepare the outdoor barbecue to medium-high heat. If you do not have a barbecue, you can use an indoor grill pan set to medium high heat. Lightly oil the grill. Grill the pineapple slices until heated through and beginning to brown, about 3 minutes per side. It's important to leave the pineapples on the grill, untouched so that you can create the grill marks.
- ☐ While the pineapples are cooking, whisk the mascarpone and vanilla in a small bowl to blend. Set aside.
- ☐ Combine the chocolate-hazelnut spread and cream in a small bowl and stir to combine.
- ☐ Place in a microwave on high for about 2 minutes, stirring every 20 seconds to blend well. Alternatively, you can combine the chocolate-hazelnut spread and cream in a small saucepan, set over low heat, and cook for about 5 minutes, stirring constantly.
- ☐ Heat until satiny smooth and easy to pour, about 3 to 5 minutes.
- ☐ Transfer the pineapple slices to a large platter.
- ☐ Drizzle the warm chocolate-hazelnut sauce over.
- ☐ Dollop the mascarpone mixture atop.
- ☐ Sprinkle with the hazelnuts and serve.

Nutrition Facts



Properties

Glycemic Index:8.58, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:14.0169565263%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 386.94kcal (19.35%), Fat: 28.98g (44.59%), Saturated Fat: 12.02g (75.1%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 27.81g (10.11%), Sugar: 24.21g (26.9%), Cholesterol: 20.98mg (6.99%), Sodium: 17.54mg (0.76%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 3.18g (6.36%), Vitamin C: 72.3mg (87.64%), Manganese: 1.7mg (84.89%), Vitamin E: 3.32mg (22.11%), Copper: 0.29mg (14.4%), Fiber: 3.25g (13.02%), Vitamin B1: 0.15mg (10.06%), Vitamin B6: 0.2mg (9.97%), Vitamin K: 10.4µg (9.9%), Magnesium: 33.39mg (8.35%), Folate: 32.61µg (8.15%), Iron: 1.37mg (7.62%), Vitamin A: 373.73IU (7.47%), Potassium: 256.75mg (7.34%), Calcium: 63.07mg (6.31%), Vitamin B2: 0.09mg (5.51%), Phosphorus: 49.01mg (4.9%), Vitamin B3: 0.88mg (4.38%), Vitamin B5: 0.42mg (4.23%), Zinc: 0.44mg (2.91%), Selenium: 1.04µg (1.48%)