



## Grilled Pineapple with Pound Cake and Rum-Caramel Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



535 kcal

SIDE DISH

DESSERT

### Ingredients

- 0.3 cup canola oil
- 0.8 cup brown sugar dark
- 2 tablespoons rum dark
- 0.5 cup heavy cream
- 8 servings maraschino cherries
- 1 small pineapple peeled cut in 1/2
- 1 round cake store-bought cut into 1/ slices

- 2 tablespoons butter unsalted
- 8 servings whipped cream for serving

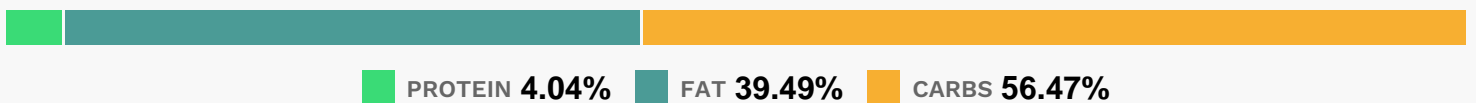
## Equipment

- bowl
- sauce pan
- whisk
- grill

## Directions

- Watch how to make this recipe.
- Melt the butter in a small saucepan over high heat, add the brown sugar and rum and cook, whisking until the sugar has melted and the mixture is smooth.
- Whisk in the heavy cream and cook until heated through and slightly thickened.
- Transfer the mixture to a bowl, keep warm.
- Heat the grill to high.
- Brush the pineapple on both sides with the oil and place on the grill. Grill until golden brown and caramelized on both sides, about 6 minutes.
- Remove from the grill, stack the slices and cut into chunks. While the pineapple is grilling, place the pound cake on the grill until lightly golden brown on both sides, about 20 seconds on each side.
- Remove the pineapple from the grill and, when cool enough to handle, either slice or cut into chunks.
- Top each piece of pound cake with some of the pineapple and drizzle with the caramel-rum sauce. Top with more pound cake, vanilla ice cream and a maraschino cherry, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.83, Glycemic Load:16.98, Inflammation Score:-6, Nutrition Score:14.012173808139%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 534.77kcal (26.74%), Fat: 23.63g (36.35%), Saturated Fat: 10.53g (65.8%), Carbohydrates: 76.03g (25.34%), Net Carbohydrates: 73.63g (26.78%), Sugar: 61.28g (68.09%), Cholesterol: 91.62mg (30.54%), Sodium: 297.97mg (12.96%), Alcohol: 1.25g (100%), Alcohol %: 0.58% (100%), Protein: 5.43g (10.87%), Vitamin C: 54.56mg (66.13%), Manganese: 1.15mg (57.37%), Vitamin B2: 0.32mg (19.1%), Calcium: 155.91mg (15.59%), Vitamin A: 709.6IU (14.19%), Vitamin B1: 0.21mg (14.06%), Phosphorus: 140.32mg (14.03%), Vitamin E: 1.76mg (11.71%), Folate: 42.19µg (10.55%), Vitamin B6: 0.19mg (9.6%), Potassium: 335.3mg (9.58%), Fiber: 2.39g (9.57%), Copper: 0.18mg (9.13%), Iron: 1.59mg (8.85%), Vitamin B5: 0.88mg (8.75%), Selenium: 5.45µg (7.79%), Magnesium: 30.11mg (7.53%), Vitamin B3: 1.4mg (7%), Vitamin K: 6.85µg (6.53%), Vitamin B12: 0.38µg (6.29%), Zinc: 0.84mg (5.61%), Vitamin D: 0.5µg (3.32%)