



Grilled Pineapple with Vanilla-Cinnamon Ice Cream



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pineapple fresh
- ☐ 6 servings whipped cream

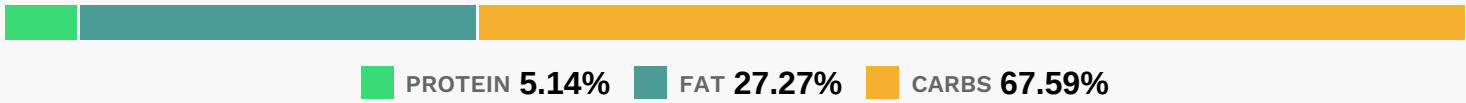
Equipment

- ☐ grill

Directions

- ☐ Cut pineapple lengthwise into quarters; discard core.
- ☐ Remove pineapple pulp, discarding shell.
- ☐ Combine brown sugar and cinnamon.
- ☐ Sprinkle evenly over pineapple pulp.
- ☐ Sprinkle evenly with ginger.
- ☐ Coat a food rack with cooking spray; place on grill over medium-high heat (350 to 400).
- ☐ Place pineapple on rack, and grill, covered with grill lid, 5 to 7 minutes on each side.
- ☐ Remove pineapple from grill, and cut into chunks.
- ☐ Serve with Vanilla-Cinnamon Ice Cream.
- ☐ *Low-fat or fat-free vanilla frozen yogurt may be substituted for Vanilla-Cinnamon Ice Cream.

Nutrition Facts



Properties

Glycemic Index:23.28, Glycemic Load:19.6, Inflammation Score:-5, Nutrition Score:12.664347669353%

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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 236.18kcal (11.81%), Fat: 7.45g (11.46%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 41.56g (13.85%), Net Carbohydrates: 38.88g (14.14%), Sugar: 34.69g (38.55%), Cholesterol: 29.04mg (9.68%), Sodium: 56.16mg (2.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin C: 72.56mg (87.95%), Manganese: 1.44mg (71.96%), Vitamin B2: 0.21mg (12.18%), Calcium: 110.93mg (11.09%), Fiber: 2.69g (10.74%), Vitamin B6: 0.21mg (10.26%), Vitamin B1: 0.15mg (9.77%), Copper: 0.19mg (9.36%), Potassium: 309.29mg (8.84%), Phosphorus: 82.11mg (8.21%), Folate: 30.65µg (7.66%), Vitamin A: 365.83IU (7.32%), Vitamin B5: 0.72mg (7.16%), Magnesium: 28.48mg (7.12%), Zinc: 0.65mg (4.3%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.85mg (4.24%), Iron: 0.56mg (3.11%), Selenium: 1.42µg (2.03%), Vitamin E: 0.24mg (1.57%), Vitamin K: 1.31µg (1.24%)