



Grilled Rum-Basted Pineapple with Sorbet

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



255 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 servings grands flaky refrigerator biscuits
- ☐ 12 servings rum dark
- ☐ 12 servings mint leaves fresh
- ☐ 2 pineapple peeled sliced

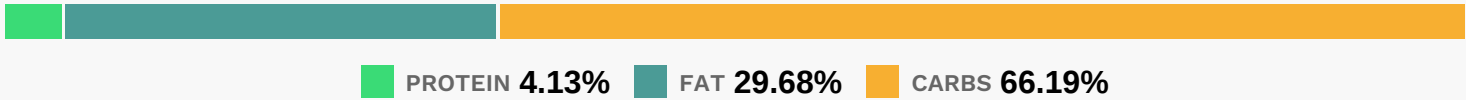
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ melon baller

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Place pineapple on grill; cook until just heated through, about 1 minute per side.
- ☐ Brush generously with rum; grill 1 minute longer on each side.
- ☐ Transfer to plates; brush with rum. Top each pineapple round with small scoops of sorbet; garnish with mint.
- ☐ Serve with cookies.
- ☐ To make things easier, prep the sorbet ahead of time. Make mini scoops using a melon baller that's been dipped into hot water.
- ☐ Place the scoops on a rimmed baking sheet and freeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.47, Glycemic Load:21.55, Inflammation Score:-5, Nutrition Score:12.31695636459%

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: 254.69kcal (12.73%), Fat: 7.53g (11.58%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 35.22g (12.81%), Sugar: 20.91g (23.23%), Cholesterol: 0mg (0%), Sodium: 100.81mg (4.38%), Alcohol: 5.01g (100%), Alcohol %: 3.26% (100%), Protein: 2.36g (4.71%), Vitamin C: 72.42mg (87.78%), Manganese: 1.53mg (76.63%), Vitamin B1: 0.22mg (14.65%), Folate: 50.97µg (12.74%), Fiber: 2.56g (10.22%), Copper: 0.2mg (9.88%), Vitamin B6: 0.19mg (9.51%), Vitamin B3: 1.69mg (8.46%), Vitamin B2: 0.14mg (8.2%), Iron: 1.33mg (7.38%), Magnesium: 22.82mg (5.7%), Potassium: 195.04mg (5.57%), Vitamin E: 0.71mg (4.76%), Vitamin B5: 0.41mg (4.09%), Vitamin K: 4.14µg (3.94%), Phosphorus: 31.88mg (3.19%), Vitamin A: 154.04IU (3.08%), Selenium: 1.89µg (2.7%), Calcium: 25.68mg (2.57%), Zinc: 0.34mg (2.24%)