



Grilled Rum-Basted Pineapple with Sorbet

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



256 kcal

BEVERAGE

DRINK

Ingredients

- 12 servings grands flaky refrigerator biscuits
- 12 servings rum dark
- 12 servings mint leaves fresh
- 2 pineapple peeled sliced
- 12 servings passion fruit rum assorted (such as passion fruit, mango, coconut, and raspberry)

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

PROTEIN 4.15% **FAT 29.56%** **CARBS 66.29%**

Properties

Glycemic Index:13.97, Glycemic Load:21.59, Inflammation Score:-5, Nutrition Score:12.38999985612%

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: 255.66kcal (12.78%), Fat: 7.53g (11.59%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 35.35g (12.85%), Sugar: 21.02g (23.35%), Cholesterol: 0mg (0%), Sodium: 101.09mg (4.4%), Alcohol: 5.01g (100%), Alcohol %: 3.24% (100%), Protein: 2.38g (4.76%), Vitamin C: 72.72mg (88.14%), Manganese: 1.53mg (76.63%), Vitamin B1: 0.22mg (14.65%), Folate: 51.11µg (12.78%), Fiber: 2.66g (10.64%), Copper: 0.2mg (9.92%), Vitamin B6: 0.19mg (9.56%), Vitamin B3: 1.71mg (8.53%), Vitamin B2: 0.14mg (8.28%), Iron: 1.34mg (7.47%), Magnesium: 23.11mg (5.78%), Potassium: 198.52mg (5.67%), Vitamin E: 0.71mg (4.76%), Vitamin B5: 0.41mg (4.09%), Vitamin K: 4.14µg (3.95%), Vitamin A: 166.76IU (3.34%), Phosphorus: 32.56mg (3.26%), Selenium: 1.89µg (2.7%), Calcium: 25.8mg (2.58%), Zinc: 0.34mg (2.24%)