



Piña Colada Sundaes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



202 kcal

Ingredients

- 4 teaspoons rum dark
- 1 cup vanilla yogurt fat-free frozen
- 0.3 cup fudge topping fat-free sugar-free hot (such as Smucker's)
- 4 slices pineapple fresh (1/4-inch-thick)
- 0.3 cup coconut or sweetened flaked toasted

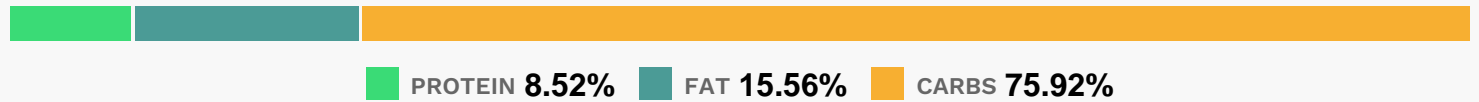
Equipment

- bowl
- grill
- microwave

Directions

- Prepare grill.
- Coat pineapple with cooking spray.
- Place on grill rack; cover and grill 6 minutes on each side or until golden and tender.
- Microwave hot fudge topping in a small glass bowl at HIGH 30 seconds or until drizzling consistency.
- Place each pineapple slice on a dessert plate; spoon 1/4 cup frozen yogurt into center of each pineapple ring. Top each with 1 tablespoon hot fudge topping, 1 teaspoon rum, and 1 tablespoon coconut.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:5.77, Inflammation Score:-3, Nutrition Score:9.1443477920864%

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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 202.46kcal (10.12%), Fat: 3.4g (5.23%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 35.11g (12.77%), Sugar: 28.48g (31.64%), Cholesterol: 1.41mg (0.47%), Sodium: 117.3mg (5.1%), Alcohol: 1.67g (100%), Alcohol %: 1.21% (100%), Protein: 4.19g (8.38%), Vitamin C: 40.62mg (49.23%), Manganese: 0.92mg (46.12%), Calcium: 113.91mg (11.39%), Phosphorus: 103.55mg (10.35%), Vitamin B2: 0.16mg (9.14%), Copper: 0.18mg (9.1%), Fiber: 2.23g (8.94%), Potassium: 283.62mg (8.1%), Magnesium: 31.1mg (7.77%), Selenium: 5.05µg (7.22%), Vitamin B1: 0.1mg (6.56%), Vitamin B6: 0.12mg (6.2%), Folate: 21.55µg (5.39%), Zinc: 0.75mg (5.01%), Vitamin B12: 0.3µg (4.99%), Vitamin E: 0.55mg (3.69%), Iron: 0.62mg (3.42%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.21mg (2.09%), Vitamin K: 1.74µg (1.65%), Vitamin A: 56.45IU (1.13%)