



Pineapple and Basil Sundaes



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



330 kcal

Ingredients

- ☐ 0.3 cup amaretto
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons basil leaves fresh thinly sliced
- ☐ 1 pt vanilla yogurt frozen low-fat
- ☐ 2 cups pineapple chunks fresh

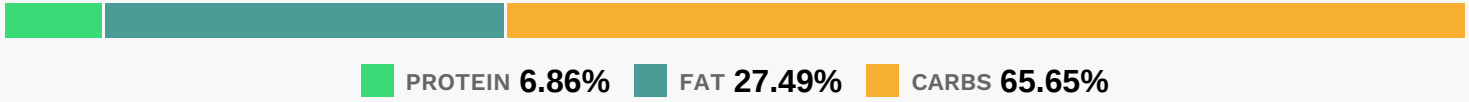
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a medium frying pan over high heat.
- ☐ Add pineapple and cook until caramelized slightly, about 5 minutes.
- ☐ Add amaretto and cook until it resembles a syrup. Stir in basil. Scoop about 1/2 cup frozen yogurt into each of 4 serving dishes, then spoon warm pineapple mixture on top.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:7.6900000183479%

Nutrients (% of daily need)

Calories: 329.82kcal (16.49%), Fat: 9.64g (14.84%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 50.26g (18.28%), Sugar: 50.01g (55.57%), Cholesterol: 9.89mg (3.3%), Sodium: 127.82mg (5.56%), Alcohol: 3.84g (100%), Alcohol %: 1.9% (100%), Caffeine: 3.84mg (1.28%), Protein: 5.41g (10.82%), Calcium: 190.85mg (19.08%), Vitamin B2: 0.29mg (17.27%), Phosphorus: 163.16mg (16.32%), Vitamin C: 12.25mg (14.84%), Potassium: 404.5mg (11.56%), Vitamin B1: 0.17mg (11.04%), Vitamin B6: 0.19mg (9.25%), Copper: 0.18mg (9.18%), Vitamin A: 450.15IU (9%), Magnesium: 35.46mg (8.86%), Vitamin B5: 0.77mg (7.69%), Selenium: 4.46µg (6.37%), Fiber: 1.55g (6.22%), Vitamin B12: 0.35µg (5.82%), Vitamin K: 5.58µg (5.31%), Zinc: 0.63mg (4.21%), Iron: 0.73mg (4.04%), Vitamin B3: 0.71mg (3.54%), Folate: 13.8µg (3.45%), Vitamin E: 0.24mg (1.62%), Manganese: 0.03mg (1.41%)