



Pineapple Foster



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch cinnamon
- ☐ 0.5 cup rum dark
- ☐ 0.5 cup brown sugar light
- ☐ 0.5 pineapple—peeled cored ripe cut into 8 long spears (see note)
- ☐ 4 tablespoons butter unsalted
- ☐ 4 servings whipped cream for serving

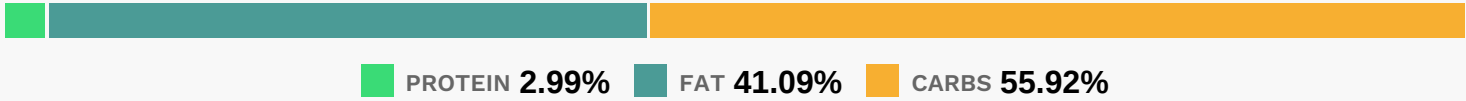
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet, cook the butter over high heat until lightly browned, 1 to 2 minutes. Stir in the brown sugar and cinnamon.
- ☐ Add the pineapple and cook over moderate heat, shaking the skillet, until the sugar is melted and the pineapple is slightly tender, about 2 minutes. Flip the pineapple spears.
- ☐ Add the rum, carefully ignite and cook until the flames subside.
- ☐ Transfer to plates and serve with ice cream.
- ☐ Notes: To save time, buy precut fresh pineapple chunks from the salad bar in the deli section of your supermarket.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:16.99, Inflammation Score:-6, Nutrition Score:11.019130473552%

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: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 467.49kcal (23.37%), Fat: 18.75g (28.85%), Saturated Fat: 11.68g (73.02%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 55.35g (20.13%), Sugar: 51.82g (57.58%), Cholesterol: 59.14mg (19.71%), Sodium: 63.48mg (2.76%), Alcohol: 10.02g (100%), Alcohol %: 5.07% (100%), Protein: 3.07g (6.15%), Vitamin C: 54.47mg (66.03%), Manganese: 1.09mg (54.31%), Vitamin A: 693.48IU (13.87%), Calcium: 125.87mg (12.59%), Vitamin B2: 0.2mg (11.8%), Vitamin B6: 0.17mg (8.52%), Potassium: 295.4mg (8.44%), Phosphorus: 84.04mg (8.4%), Fiber: 2.07g (8.29%), Copper: 0.16mg (8.06%), Vitamin B1: 0.12mg (7.93%), Vitamin B5: 0.68mg (6.76%), Magnesium: 25.6mg (6.4%), Folate: 24.36µg (6.09%), Vitamin B12: 0.28µg (4.69%), Zinc: 0.62mg (4.17%), Vitamin E: 0.55mg (3.64%), Vitamin B3: 0.68mg (3.41%), Iron: 0.6mg (3.34%), Selenium: 1.77µg (2.53%), Vitamin D: 0.34µg (2.28%), Vitamin K: 1.99µg (1.89%)