



Pineapple-Raspberry Brûlée Sundaes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



258 kcal

DESSERT

Ingredients

- 1 cup vanilla nonfat yogurt frozen
- 8 ounces pineapple fresh thick cored peeled cut into two rings (each 3/4 in.) (see notes)
- 0.5 cup raspberries dry rinsed
- 3 tablespoons sugar

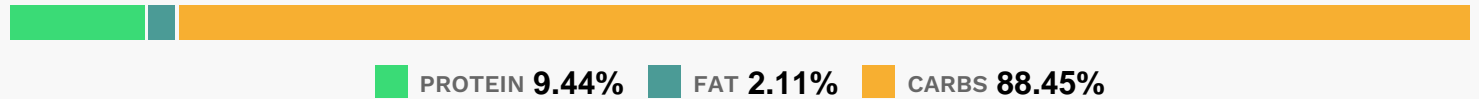
Equipment

- frying pan

Directions

- Set each pineapple ring on a plate. Top each with a scoop (1/2 cup) of frozen yogurt and 1/4 cup raspberries.
- To make the caramel, pour sugar into an 8- to 10-inch frying pan over medium-high heat; shake and tilt pan often until sugar is melted and amber-colored, 2 to 3 minutes. At once, pour slowly, in thin streaks, over desserts.

Nutrition Facts



Properties

Glycemic Index:77.38, Glycemic Load:20.77, Inflammation Score:-5, Nutrition Score:13.693043397821%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 257.97kcal (12.9%), Fat: 0.63g (0.97%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 59.63g (19.88%), Net Carbohydrates: 56.09g (20.4%), Sugar: 53.73g (59.71%), Cholesterol: 2.45mg (0.82%), Sodium: 72.66mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Vitamin C: 62.92mg (76.27%), Manganese: 1.3mg (64.79%), Calcium: 208.62mg (20.86%), Phosphorus: 163.55mg (16.35%), Vitamin B2: 0.27mg (15.98%), Fiber: 3.54g (14.15%), Potassium: 406.91mg (11.63%), Selenium: 7.63µg (10.9%), Vitamin B1: 0.15mg (9.88%), Magnesium: 38.58mg (9.65%), Vitamin B6: 0.19mg (9.63%), Vitamin B12: 0.58µg (9.6%), Folate: 37.74µg (9.43%), Copper: 0.17mg (8.32%), Zinc: 1.17mg (7.8%), Vitamin B3: 0.87mg (4.34%), Vitamin K: 4.48µg (4.27%), Iron: 0.63mg (3.5%), Vitamin B5: 0.34mg (3.4%), Vitamin E: 0.36mg (2.38%), Vitamin A: 90.37IU (1.81%)