



Pineapple Satay with Coconut Caramel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



427 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.8 cup coconut milk



1 pineapple ripe



1 cup sugar



0.3 cup coconut shredded unsweetened toasted

Equipment



sauce pan



whisk



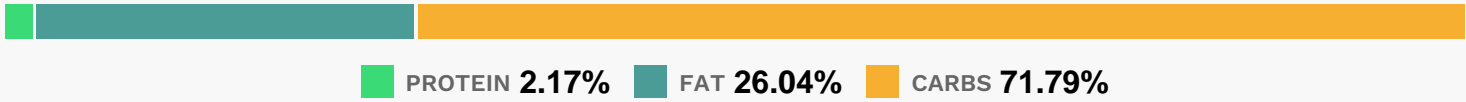
grill

- ☐ skewers
- ☐ pastry brush

Directions

- ☐ Soak skewers in water 30 minutes. Meanwhile, trim ends from pineapple, then stand it upright and cut off peel. Quarter pineapple lengthwise and cut out core. Reserve half the pineapple for another use.
- ☐ Cut each remaining quarter into 4 lengthwise slices, then cut each slice in half crosswise to make 16 thin wedges. Skewer each lengthwise.
- ☐ In a small saucepan, combine sugar with 1/2 cup water. Bring to a boil, swirling to dissolve sugar; boil, swirling occasionally (do not stir), just until golden and honeylike.
- ☐ Remove from heat and slowly whisk in coconut milk (mixture will bubble furiously).
- ☐ Heat a grill to high (450 to 550). Using a pastry brush, coat pineapple pieces with caramel sauce. Grill just until marks appear, then turn to mark other side, 4 to 5 minutes total. Put skewers on a platter, sprinkle with toasted coconut, and serve with remaining caramel sauce for dunking.

Nutrition Facts



Properties

Glycemic Index:56.44, Glycemic Load:51.59, Inflammation Score:-6, Nutrition Score:15.279130416072%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 427.47kcal (21.37%), Fat: 13.22g (20.34%), Saturated Fat: 11.36g (71.01%), Carbohydrates: 82g (27.33%), Net Carbohydrates: 77.89g (28.32%), Sugar: 72.61g (80.68%), Cholesterol: 0mg (0%), Sodium: 10.42mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin C: 108.66mg (131.71%), Manganese: 2.58mg (129.22%), Copper: 0.39mg (19.66%), Fiber: 4.11g (16.46%), Vitamin B6: 0.28mg (14.14%), Magnesium: 51.87mg (12.97%), Vitamin B1: 0.19mg (12.77%), Iron: 2.27mg (12.62%), Folate: 47.18µg (11.8%), Potassium: 372.4mg (10.64%), Vitamin B3: 1.44mg (7.18%), Phosphorus: 70.75mg (7.08%), Vitamin B5: 0.59mg (5.93%), Vitamin B2:

0.09mg (5.16%), Zinc: 0.63mg (4.2%), Calcium: 39.05mg (3.91%), Vitamin A: 131.23IU (2.62%), Selenium: 1.6µg (2.29%), Vitamin K: 1.6µg (1.52%)