



Pineapple Sundaes

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



712 kcal

DESSERT

Ingredients

- ☐ 4 ounces chocolate chips chopped
- ☐ 1 cup half-and-half
- ☐ 1 cup mascarpone cheese at room temperature
- ☐ 1 pineapple fresh cored peeled cut into wedges
- ☐ 1 round cake thick store-bought cut into 6 to 8 slices
- ☐ 1.8 cups sugar
- ☐ 1 stick butter unsalted sliced
- ☐ 0.8 cup cocoa powder unsweetened

☐ 2 teaspoons vegetable oil

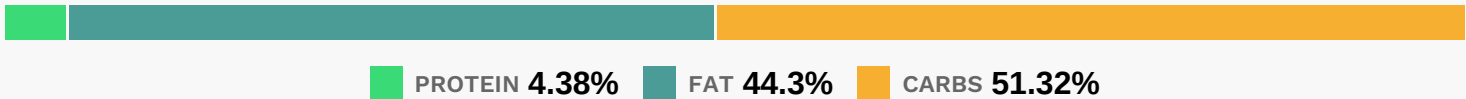
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ microwave

Directions

- ☐ Combine the chocolate and butter in a microwave-safe bowl.
- ☐ Heat at 50 percent power for 2 minutes; stir, then microwave at 30-second intervals until completely melted.
- ☐ Whisk in the cocoa and 1 3/4 cups sugar until smooth. Microwave the mixture on full power for 5 minutes, stopping to whisk occasionally. (Don't worry if the mixture looks grainy; continue to cook and whisk until smooth.)
- ☐ Add 1 cup half-and-half and microwave on full power until smooth and slightly fudgy, 2 minutes.
- ☐ Transfer to a thermos to keep warm.
- ☐ Fold the remaining 2 tablespoons half-and-half and 2 tablespoons sugar into the mascarpone in a bowl; cover and refrigerate.
- ☐ Preheat a grill to medium.
- ☐ Brush the cake slices lightly with oil and grill for 1 to 2 minutes per side.
- ☐ Brush the pineapple lightly with oil and grill until marked, about 1 minute per side.
- ☐ Top the cake with pineapple, a scoop of mascarpone cream and hot fudge.
- ☐ Garnish with coconut and/or nuts, if desired.
- ☐ Photograph by Rick Lew

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:38.31, Inflammation Score:-8, Nutrition Score:17.482608852179%

Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg 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: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 711.62kcal (35.58%), Fat: 36.54g (56.22%), Saturated Fat: 21.51g (134.46%), Carbohydrates: 95.24g (31.75%), Net Carbohydrates: 89.35g (32.49%), Sugar: 75.17g (83.52%), Cholesterol: 108.18mg (36.06%), Sodium: 273.78mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 30.73mg (10.24%), Protein: 8.12g (16.24%), Manganese: 1.63mg (81.36%), Vitamin C: 54.35mg (65.87%), Copper: 0.64mg (31.91%), Fiber: 5.89g (23.55%), Magnesium: 86.19mg (21.55%), Vitamin A: 984.27IU (19.69%), Iron: 3.4mg (18.91%), Phosphorus: 188.59mg (18.86%), Vitamin B2: 0.24mg (13.84%), Calcium: 135.63mg (13.56%), Vitamin B1: 0.2mg (13.41%), Potassium: 407.55mg (11.64%), Folate: 41.9µg (10.47%), Selenium: 7.24µg (10.34%), Zinc: 1.39mg (9.24%), Vitamin B6: 0.18mg (8.8%), Vitamin B3: 1.62mg (8.11%), Vitamin B5: 0.59mg (5.86%), Vitamin K: 5.54µg (5.28%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.29µg (1.91%)