



Pineapple Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



691 kcal

DESSERT

Ingredients

- ☐ 1.5 cups caramel sauce like mexican cajeta (goat-milk)
- ☐ 3 pounds pineapple fresh cored peeled
- ☐ 1.3 cups coconut or dried shredded sweetened flaked
- ☐ 2.5 quarts whipped cream

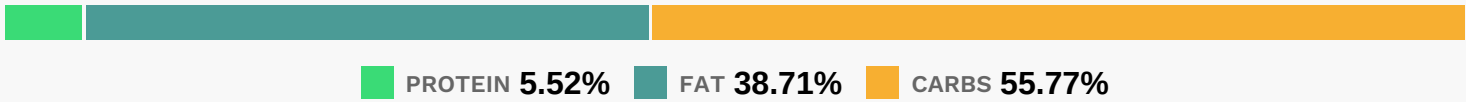
Equipment

- ☐ bowl

Directions

☐ Cut pineapple into bite-size chunks. Put pineapple, caramel sauce, coconut, and ice cream balls into bowls (see notes).

Nutrition Facts



Properties

Glycemic Index:11.97, Glycemic Load:42.39, Inflammation Score:-7, Nutrition Score:19.967391392459%

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: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 691.12kcal (34.56%), Fat: 30.45g (46.84%), Saturated Fat: 19.85g (124.08%), Carbohydrates: 98.7g (32.9%), Net Carbohydrates: 94.6g (34.4%), Sugar: 88.06g (97.85%), Cholesterol: 104.1mg (34.7%), Sodium: 337.67mg (14.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin C: 66.72mg (80.87%), Manganese: 1.59mg (79.72%), Vitamin B2: 0.61mg (36.1%), Calcium: 338.93mg (33.89%), Phosphorus: 285.36mg (28.54%), Vitamin A: 1105.47IU (22.11%), Potassium: 681.95mg (19.48%), Vitamin B5: 1.8mg (18.05%), Vitamin B12: 0.98µg (16.4%), Fiber: 4.1g (16.4%), Vitamin B6: 0.3mg (14.92%), Magnesium: 57.15mg (14.29%), Vitamin B1: 0.21mg (13.88%), Zinc: 2.01mg (13.43%), Copper: 0.24mg (12.08%), Selenium: 6.84µg (9.77%), Folate: 37.96µg (9.49%), Vitamin E: 0.8mg (5.34%), Vitamin B3: 1.01mg (5.06%), Iron: 0.84mg (4.66%), Vitamin D: 0.47µg (3.15%), Vitamin K: 1.7µg (1.62%)