



WHATSheATE



Pineapple Waffle Cake Sundae



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon rum dark
- ☐ 2 waffles frozen toasted quartered
- ☐ 1 teaspoon brown sugar light packed
- ☐ 2 maraschino cherries
- ☐ 0.3 cup pecans toasted roughly chopped
- ☐ 1 cup pineapple chunks canned drained (in juice)
- ☐ 1 tablespoon butter unsalted
- ☐ 1 teaspoon vanilla extract

☐ 1 cup whipped cream

Equipment

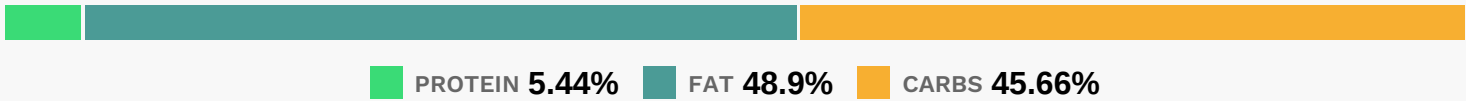
☐ bowl

☐ sauce pan

Directions

- ☐ Melt butter in a small saucepan over medium heat.
- ☐ Add brown sugar and pineapple and cook, stirring occasionally, until sugar has melted and pineapple is coated, about 5 minutes.
- ☐ Remove from heat; stir in vanilla and rum.
- ☐ Place 4 waffle quarters in each of 2 serving bowls. Scoop 1/2 cup ice cream into each bowl; spoon pineapple mixture on top.
- ☐ Sprinkle with pecans, top with a cherry, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:3.71, Inflammation Score:-4, Nutrition Score:5.3347826004028%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 191.81kcal (9.59%), Fat: 10.27g (15.8%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 20.07g (7.3%), Sugar: 14.57g (16.19%), Cholesterol: 21.28mg (7.09%), Sodium: 104.35mg (4.54%), Alcohol: 1.28g (100%), Alcohol %: 1.59% (100%), Protein: 2.57g (5.15%), Manganese: 0.23mg (11.41%), Vitamin B1: 0.16mg (10.39%), Vitamin B2: 0.15mg (9.08%), Phosphorus: 89.5mg (8.95%), Vitamin A: 421.39IU (8.43%), Calcium: 79.81mg (7.98%), Vitamin B6: 0.14mg (7.24%), Iron: 1.22mg (6.79%), Copper: 0.12mg (6.05%), Fiber: 1.51g (6.03%),

Vitamin B12: 0.36µg (6%), Vitamin C: 4.66mg (5.65%), Vitamin B3: 1.08mg (5.41%), Magnesium: 19.47mg (4.87%), Folate: 17.47µg (4.37%), Potassium: 146.94mg (4.2%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.2mg (2.02%), Vitamin E: 0.22mg (1.49%), Selenium: 0.89µg (1.28%)