



Pineapple with Brown Sugar

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- 0.3 cup firmly brown sugar packed
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 2 cups pineapple fresh cubed

Equipment

- bowl

Directions

Spoon pineapple into individual bowls. Top each serving with sour cream.

Sprinkle each with sugar.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:5.66, Inflammation Score:-3, Nutrition Score:6.4491304729296%

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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 132.6kcal (6.63%), Fat: 3.15g (4.84%), Saturated Fat: 1.9g (11.91%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 25.18g (9.16%), Sugar: 21.53g (23.92%), Cholesterol: 10.06mg (3.35%), Sodium: 28.54mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 39.69mg (48.11%), Manganese: 0.77mg (38.68%), Calcium: 62.67mg (6.27%), Vitamin B6: 0.1mg (5.19%), Vitamin B1: 0.08mg (5.11%), Copper: 0.1mg (5.09%), Potassium: 169.16mg (4.83%), Fiber: 1.15g (4.62%), Folate: 18.15µg (4.54%), Vitamin B2: 0.06mg (3.58%), Magnesium: 14.01mg (3.5%), Vitamin A: 142.15IU (2.84%), Phosphorus: 27.56mg (2.76%), Vitamin B3: 0.45mg (2.24%), Vitamin B12: 0.12µg (2.01%), Iron: 0.36mg (1.98%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.25mg (1.65%), Selenium: 1.14µg (1.63%)