



## Roasted Pineapple Milkshake

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



383 kcal

BEVERAGE

DRINK

### Ingredients

- 4 servings canola oil
- 4 servings club soda to taste
- 1 cup ice cubes
- 0.3 pint lemon sorbet
- 1 golden pineapple cored quartered
- 0.5 cup pineapple juice
- 0.3 pint whipped cream frozen

### Equipment

blender

grill

## Directions

Put ice in the blender.

Add the cooled grilled pineapple, the pineapple juice, sorbet and ice cream. Pulse until the mixture is smooth and creamy.

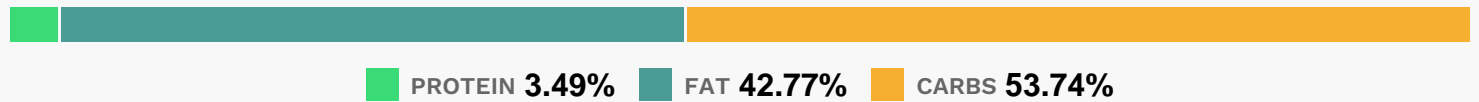
Pour into 4 large wine glasses. Top each glass with a splash of club soda.

Serve.

Heat grill to high.

Brush pineapple with oil and grill until golden brown on all sides.

## Nutrition Facts



## Properties

Glycemic Index:41.42, Glycemic Load:22.76, Inflammation Score:-6, Nutrition Score:16.432173889616%

## 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: 383.04kcal (19.15%), Fat: 18.84g (28.99%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 49.02g (17.82%), Sugar: 41.08g (45.65%), Cholesterol: 17.35mg (5.78%), Sodium: 63.98mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin C: 111.33mg (134.95%), Manganese: 2.25mg (112.46%), Vitamin E: 2.62mg (17.46%), Fiber: 4.25g (17.01%), Vitamin B6: 0.3mg (15.09%), Copper: 0.29mg (14.39%), Vitamin B1: 0.21mg (14.13%), Folate: 48.01µg (12%), Vitamin K: 11.77µg (11.21%), Potassium: 363.45mg (10.38%), Vitamin B2: 0.17mg (10.19%), Magnesium: 36.81mg (9.2%), Calcium: 85.54mg (8.55%), Vitamin B5: 0.73mg (7.28%), Phosphorus: 61.86mg (6.19%), Vitamin B3: 1.24mg (6.18%), Vitamin A: 298.71IU (5.97%), Iron: 0.78mg (4.35%), Zinc: 0.58mg (3.89%), Vitamin B12: 0.15µg (2.56%), Selenium: 0.97µg (1.38%)