



Roasted Pineapple with Star Anise Pineapple Sorbet



Vegetarian



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- ☐ 1 pineapple trimmed halved lengthwise (labeled "extra sweet")
- ☐ 1 cup sugar
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 cup water
- ☐ 4 star anise whole

Equipment

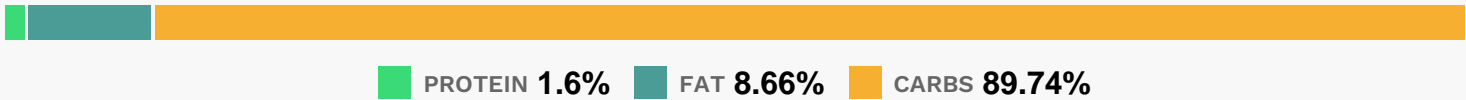
- ☐ baking sheet

- ☐ oven
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Bring sugar, water, and star anise to a boil over moderately high heat, stirring until sugar is dissolved, then reduce heat and simmer syrup 5 minutes. Cool, then discard star anise.
- ☐ Peel 1 pineapple half, reserving rind, then core and cut into 1-inch chunks.
- ☐ Squeeze juice from rind with your hands into a blender and add chunks. Purée at high speed until very smooth, about 1 minute. Stir purée into syrup and chill, covered, until very cold, about 4 hours.
- ☐ Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden, at least 1 hour.
- ☐ Preheat oven to 500°F.
- ☐ Peel remaining pineapple half but do not core. Trim ends and cut remainder crosswise into 1/2-inch-thick slices.
- ☐ Brush some butter on a baking sheet, then arrange pineapple in 1 layer over it and brush with rest of butter.
- ☐ Roast pineapple slices in middle of oven until undersides are browned (tops will only color slightly), 12 to 15 minutes.
- ☐ Remove from oven and turn slices over. Cool on baking sheet on a rack to room temperature.
- ☐ Arrange 3 slices of roasted pineapple on each of 4 plates and top with sorbet.
- ☐ Sorbet can be made 1 week ahead.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:50.45, Inflammation Score:-6, Nutrition Score:13.720869546675%

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: 334.09kcal (16.7%), Fat: 3.43g (5.28%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 79.94g (26.65%), Net Carbohydrates: 76.63g (27.86%), Sugar: 72.19g (80.21%), Cholesterol: 7.53mg (2.51%), Sodium: 6.26mg (0.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 108.36mg (131.34%), Manganese: 2.12mg (106.12%), Copper: 0.27mg (13.57%), Fiber: 3.31g (13.25%), Vitamin B6: 0.26mg (13%), Vitamin B1: 0.18mg (12.15%), Folate: 40.93µg (10.23%), Potassium: 262.86mg (7.51%), Magnesium: 29.51mg (7.38%), Iron: 1.05mg (5.84%), Vitamin B3: 1.16mg (5.82%), Vitamin B2: 0.09mg (5.06%), Vitamin B5: 0.49mg (4.94%), Vitamin A: 221.8IU (4.44%), Calcium: 38.99mg (3.9%), Phosphorus: 23.34mg (2.33%), Zinc: 0.34mg (2.26%), Vitamin K: 1.83µg (1.74%)