



Roasted Pineapple with Thyme-Ginger Ice

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

415 min.

SERVINGS

servings

4

CALORIES

calories

249 kcal

SIDE DISH

Ingredients

- ☐ 2 bottles all-natural ginger soda
- ☐ 4 servings kosher salt
- ☐ 1 pineapple whole peeled sliced into 8 even slices
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon thyme leaves for garnish
- ☐ 4 servings vegetable oil

Equipment

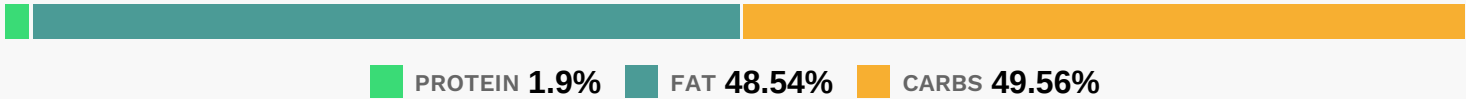
- ☐ food processor

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ cake form

Directions

- ☐ Watch how to make this recipe.
- ☐ Scatter the thyme leaves among the compartments of 2 large ice cube trays. Fill the trays with ginger beer and freeze at least 6 hours and preferably overnight.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the pineapple slices on a nonstick baking sheet.
- ☐ Brush both sides very lightly with vegetable oil and sprinkle them evenly with the sugar; sprinkle very lightly with salt as well. Roast in the oven for 20 minutes.
- ☐ Remove from the oven and flip the slices.
- ☐ Put in the oven and continue roasting until they are golden, about 10 minutes more.
- ☐ Remove from oven and cool slightly in the pan.
- ☐ Transfer the ginger beer ice cubes to a food processor and pulse until broken down and fluffy.
- ☐ Transfer to a small cake pan or baking dish.
- ☐ To serve, put 2 slices of warm pineapple on each dessert plate; top with a scoop of ginger ice and garnish with a small sprig of thyme.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:17.66, Inflammation Score:-7, Nutrition Score:14.714782573607%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg 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: 249.34kcal (12.47%), Fat: 14.29g (21.99%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 29.59g (10.76%), Sugar: 25.29g (28.1%), Cholesterol: 0mg (0%), Sodium: 196.19mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin C: 108.97mg (132.09%), Manganese: 2.11mg (105.38%), Vitamin K: 27.33µg (26.03%), Fiber: 3.25g (12.99%), Vitamin B6: 0.26mg (12.8%), Copper: 0.25mg (12.66%), Vitamin B1: 0.18mg (11.94%), Folate: 41.01µg (10.25%), Vitamin E: 1.19mg (7.95%), Potassium: 251.83mg (7.2%), Magnesium: 28.17mg (7.04%), Vitamin B3: 1.14mg (5.72%), Vitamin B5: 0.49mg (4.85%), Vitamin B2: 0.08mg (4.44%), Iron: 0.75mg (4.18%), Calcium: 31.67mg (3.17%), Vitamin A: 154.98IU (3.1%), Zinc: 0.28mg (1.89%), Phosphorus: 18.8mg (1.88%)