



Roasted Pineapple with Whipped Cream



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 3 tablespoons brown sugar dark
- ☐ 1 cup heavy whipping cream cold
- ☐ 1 bunches mint leaves for garnish
- ☐ 6 slices pineapple fresh canned
- ☐ 2 tablespoons rum white

Equipment

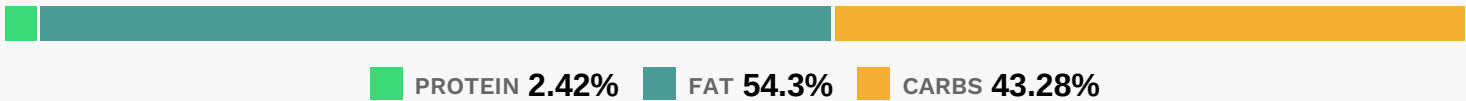
- ☐ bowl

- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Spray both sides of the pineapple rings with nonstick cooking spray. Rub the pineapple slices with the dark brown sugar.
- ☐ In a small chilled bowl, beat the cold whipping cream with an electric beater until it starts to thicken.
- ☐ Add the confectioners' sugar and beat until it forms soft peaks.
- ☐ Add the rum and continue beating until medium stiff peaks form.
- ☐ Heat a grill or grill pan until very hot. Spray the grill with more nonstick cooking spray.
- ☐ Brush the pineapple slices with butter and lay the pineapple in a single layer on the grill until browned, turning once, 1 to 2 minutes per side.
- ☐ Add the pineapple and let roast until brown.
- ☐ Remove to a plate and allow to cool slightly.
- ☐ Arrange the pineapple slices on a serving platter, then add a large dollop of the chilled whipped cream to each slice.
- ☐ Serve 2 pineapple rings per person.
- ☐ Garnish; with small bunches of mint or a few mint leaves.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.0799999781277%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 242.18kcal (12.11%), Fat: 14.39g (22.13%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 25.02g (9.1%), Sugar: 24.74g (27.49%), Cholesterol: 44.82mg (14.94%), Sodium: 13.41mg (0.58%), Alcohol: 1.67g (100%), Alcohol %: 1.8% (100%), Protein: 1.44g (2.89%), Vitamin A: 639.42IU (12.79%), Vitamin C: 5.71mg (6.93%), Vitamin B2: 0.09mg (5.31%), Vitamin B1: 0.07mg (4.39%), Vitamin D: 0.63µg (4.23%), Calcium: 41.84mg (4.18%), Copper: 0.07mg (3.55%), Potassium: 119.2mg (3.41%), Fiber: 0.78g (3.13%), Magnesium: 12.25mg (3.06%), Vitamin B6: 0.06mg (2.96%), Phosphorus: 27.85mg (2.79%), Vitamin E: 0.38mg (2.51%), Selenium: 1.55µg (2.21%), Vitamin K: 1.66µg (1.58%), Iron: 0.28mg (1.56%), Folate: 5.21µg (1.3%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.09%), Vitamin B12: 0.06µg (1.06%), Vitamin B3: 0.2mg (1.02%)