



Rum Buttered Glazed Grilled Pineapple with Vanilla Scented Mascarpone



Vegetarian



Gluten Free

READY IN



14 min.

SERVINGS



6

CALORIES



517 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 0.5 cup blueberries fresh
- ☐ 0.3 cup rum dark
- ☐ 2 tablespoons brown sugar light
- ☐ 9 ounces mascarpone cheese
- ☐ 1 pineapple ripe peeled sliced into 1/ rounds
- ☐ 6 ounce butter unsalted
- ☐ 1 vanilla pod

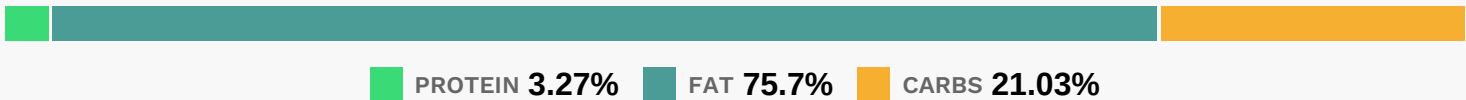
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Melt butter, sugar and rum in a small saucepan. Grill pineapple on both sides until golden brown, about 2 to 3 minutes per side. Spoon rum glaze over grilled pineapple.
- ☐ Whisk together mascarpone and vanilla seeds. Top each slice of pineapple with a dollop of vanilla mascarpone.
- ☐ Garnish with a few fresh blueberries.

Nutrition Facts



Properties

Glycemic Index:18.94, Glycemic Load:10.95, Inflammation Score:-8, Nutrition Score:12.351738991945%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 517.33kcal (25.87%), Fat: 42.48g (65.35%), Saturated Fat: 26.49g (165.54%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 24.14g (8.78%), Sugar: 19.98g (22.2%), Cholesterol: 103.48mg (34.49%), Sodium: 29.36mg (1.28%), Alcohol: 3.34g (100%), Alcohol %: 1.7% (100%), Protein: 4.13g (8.26%), Vitamin C: 73.29mg

(88.84%), Manganese: 1.45mg (72.26%), Vitamin A: 1397.94IU (27.96%), Fiber: 2.41g (9.63%), Copper: 0.18mg (9.07%), Calcium: 90.01mg (9%), Vitamin B6: 0.18mg (8.9%), Vitamin B1: 0.13mg (8.38%), Folate: 28.78µg (7.2%), Potassium: 186.23mg (5.32%), Vitamin K: 5.42µg (5.16%), Vitamin E: 0.76mg (5.05%), Magnesium: 19.77mg (4.94%), Vitamin B3: 0.82mg (4.12%), Vitamin B5: 0.37mg (3.73%), Vitamin B2: 0.06mg (3.73%), Vitamin D: 0.43µg (2.83%), Iron: 0.51mg (2.83%), Phosphorus: 20.91mg (2.09%), Zinc: 0.23mg (1.54%)