



Rum-Macadamia Ice Cream with Grilled Pineapple and Coconut



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 cups whipped cream
- ☐ 1 small pineapple cored peeled
- ☐ 4 teaspoons coconut sweetened flaked toasted

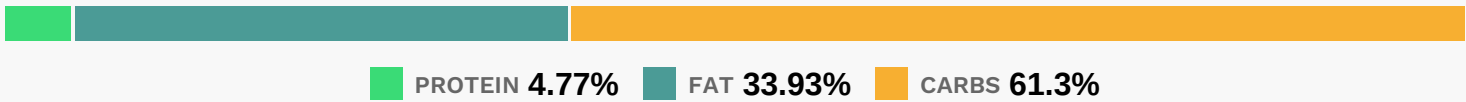
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ Cut pineapple lengthwise into 12 slices.
- ☐ Brush pineapple slices with butter.
- ☐ Add pineapple to grill rack coated with cooking spray; grill 2 minutes on each side or until thoroughly heated. Cool slightly.
- ☐ Place 3 pineapple slices into each of 4 bowls. Top each serving with 1/2 cup Rum-Macadamia Ice Cream and 1 teaspoon coconut.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:24.75, Inflammation Score:-7, Nutrition Score:16.180434683095%

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: 297.32kcal (14.87%), Fat: 11.75g (18.08%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 43.65g (15.87%), Sugar: 38.09g (42.33%), Cholesterol: 36.56mg (12.19%), Sodium: 91.61mg (3.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin C: 108.54mg (131.57%), Manganese: 2.15mg (107.49%), Fiber: 4.12g (16.47%), Vitamin B6: 0.29mg (14.33%), Copper: 0.28mg (13.93%), Vitamin B1: 0.21mg (13.78%), Vitamin B2: 0.23mg (13.69%), Calcium: 115.27mg (11.53%), Potassium: 396.59mg (11.33%), Folate: 44.28µg (11.07%), Vitamin A: 496.55IU (9.93%), Magnesium: 38.97mg (9.74%), Phosphorus: 93.17mg (9.32%), Vitamin B5: 0.88mg (8.76%), Vitamin B3: 1.24mg (6.22%), Zinc: 0.76mg (5.1%), Vitamin B12: 0.26µg (4.39%), Iron: 0.79mg (4.39%), Selenium: 2.24µg (3.2%), Vitamin E: 0.32mg (2.16%), Vitamin K: 2.03µg (1.93%)