



## Rum-Spiked Grilled Pineapple with Toasted Coconut

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

DESSERT

### Ingredients

- 1 tablespoon butter
- 0.3 cup brown sugar light packed
- 1 pineapple cored peeled halved lengthwise sliced lengthwise into 12 wedges ( 1 1/2 pounds)
- 0.3 cup spiced rum dark (such as Captain Morgan's)
- 2 tablespoons coconut sweetened toasted

### Equipment

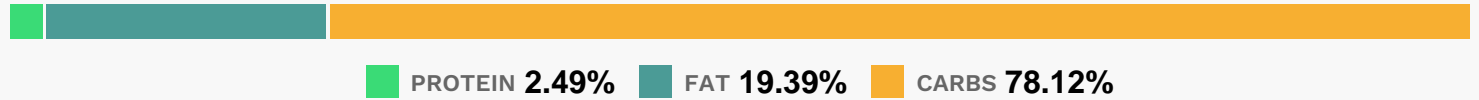
- bowl

- grill
- microwave
- grill pan

## Directions

- Combine the sugar and rum in a microwave-safe bowl. Microwave at high 1 1/2 minutes or until sugar dissolves.
- Brush rum mixture evenly over pineapple wedges.
- Heat butter in a grill pan over medium-high heat.
- Add pineapple; grill 3 minutes on each side or until grill marks form and pineapple is thoroughly heated.
- Sprinkle with coconut.
- Garnish with ice cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:20.61, Glycemic Load:10.35, Inflammation Score:-5, Nutrition Score:10.451304482701%

## 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 172.56kcal (8.63%), Fat: 3.45g (5.31%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 28.71g (10.44%), Sugar: 25.56g (28.4%), Cholesterol: 5.02mg (1.67%), Sodium: 33.23mg (1.44%), Alcohol: 3.34g (100%), Alcohol %: 2.39% (100%), Protein: 1g (2%), Vitamin C: 72.1mg (87.39%), Manganese: 1.45mg (72.66%), Fiber: 2.6g (10.4%), Copper: 0.19mg (9.34%), Vitamin B6: 0.17mg (8.72%), Vitamin B1: 0.12mg (8.04%), Folate: 27.46µg (6.86%), Potassium: 195.15mg (5.58%), Magnesium: 21.49mg (5.37%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.34mg (3.43%), Iron: 0.58mg (3.23%), Vitamin B2: 0.05mg (2.95%), Vitamin A: 145.79IU (2.92%), Calcium: 28.32mg (2.83%), Phosphorus: 18.32mg (1.83%), Selenium: 1.08µg (1.54%), Zinc: 0.22mg (1.5%), Vitamin K: 1.22µg (1.16%)