



Rum-Spiked Grilled Pineapple with Toasted Coconut



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



309 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 3 cups vanilla ice cream low-fat
- ☐ 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 flaked toasted

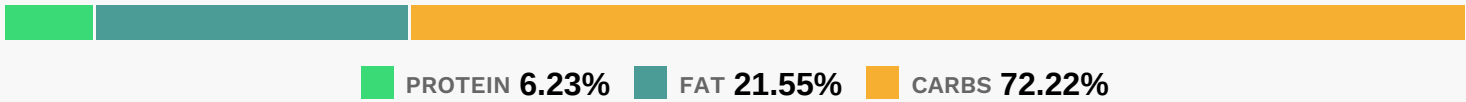
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ microwave
- ☐ grill pan

Directions

- ☐ Combine 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.
- ☐ Melt butter in a grill pan over medium–high heat.
- ☐ Add pineapple to pan; grill 3 minutes on each side or until grill marks form and pineapple is thoroughly heated.
- ☐ Sprinkle with coconut.
- ☐ Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:26.61, Glycemic Load:18.34, Inflammation Score:-6, Nutrition Score:13.583912947904%

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: 309.36kcal (15.47%), Fat: 7.12g (10.96%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 50.9g (18.51%), Sugar: 42.36g (47.07%), Cholesterol: 25.54mg (8.51%), Sodium: 89.47mg (3.89%), Alcohol: 3.34g (100%), Alcohol %: 1.67% (100%), Protein: 4.63g (9.26%), Vitamin C: 73.01mg (88.5%), Manganese: 1.46mg (72.85%), Calcium: 150.68mg (15.07%), Vitamin B2: 0.24mg (14.35%), Fiber: 2.83g (11.31%), Vitamin B1: 0.16mg (10.73%), Vitamin B6: 0.21mg (10.43%), Potassium: 353.23mg (10.09%), Copper: 0.2mg (9.99%), Vitamin A: 486.27IU (9.73%), Phosphorus: 96.6mg (9.66%), Magnesium: 32.13mg (8.03%), Folate: 32.02µg (8%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.36µg (6.02%), Zinc: 0.78mg (5.2%), Vitamin B3: 0.9mg (4.52%), Iron:

0.73mg (4.03%), Selenium: 2.6µg (3.71%), Vitamin K: 1.52µg (1.45%), Vitamin E: 0.18mg (1.17%)