

# Sauteed Pineapple with Rum Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



466 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons rum dark
- 3 pound pineapple trimmed peeled quartered (labeled "extra sweet")
- 0.3 cup sugar
- 5.5 tablespoons butter unsalted
- 2 ounces walnuts coarsely chopped

## Equipment

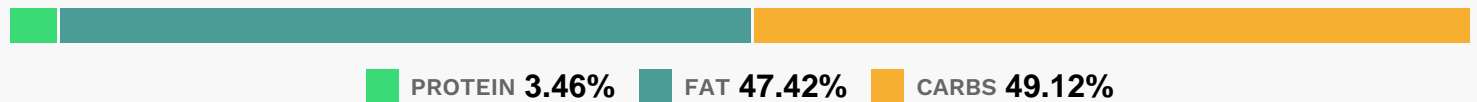
- frying pan
- paper towels

- sauce pan
- slotted spoon

## Directions

- Cut off and discard core from pineapple quarters, then cut each quarter lengthwise into 5 pieces.
- Heat 1/2 tablespoon butter in a 12-inch heavy skillet over moderate heat until just melted, then add walnuts and cook, stirring, until a shade darker, about 2 minutes.
- Transfer walnuts with a slotted spoon to paper towels to drain and wipe skillet clean.
- Heat 1 tablespoon butter in skillet over moderately high heat until foam subsides, then sauté one third of pineapple, turning over occasionally, until golden, 4 to 5 minutes.
- Transfer to a platter. Sauté remaining pineapple in 2 batches in same manner, using 1 tablespoon butter per batch and transferring to platter.
- While last batch of pineapple cooks, heat sugar, rum, and remaining 2 tablespoons butter in a small heavy saucepan over moderately low heat, stirring, until sugar is dissolved, about 2 minutes.
- Remove from heat.
- Serve pineapple with sauce spooned on top and sprinkled with walnuts.

## Nutrition Facts



## Properties

Glycemic Index:40.94, Glycemic Load:32.28, Inflammation Score:-8, Nutrition Score:18.452173919781%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 466.27kcal (23.31%), Fat: 25.3g (38.93%), Saturated Fat: 10.79g (67.42%), Carbohydrates: 58.97g (19.66%), Net Carbohydrates: 53.26g (19.37%), Sugar: 46.37g (51.52%), Cholesterol: 41.39mg (13.8%), Sodium: 6mg (0.26%), Alcohol: 2.51g (100%), Alcohol %: 0.81% (100%), Protein: 4.16g (8.31%), Vitamin C: 162.8mg (197.33%),

Manganese: 3.64mg (182.01%), Copper: 0.61mg (30.26%), Vitamin B6: 0.46mg (22.89%), Fiber: 5.71g (22.85%), Vitamin B1: 0.32mg (21.23%), Folate: 75.7µg (18.93%), Magnesium: 63.6mg (15.9%), Vitamin A: 681.21IU (13.62%), Potassium: 438.34mg (12.52%), Vitamin B3: 1.87mg (9.34%), Vitamin B5: 0.83mg (8.27%), Vitamin B2: 0.14mg (8.2%), Phosphorus: 81.18mg (8.12%), Iron: 1.41mg (7.85%), Calcium: 62.86mg (6.29%), Zinc: 0.87mg (5.79%), Vitamin E: 0.61mg (4.09%), Vitamin K: 4.11µg (3.92%), Vitamin D: 0.29µg (1.92%), Selenium: 1.3µg (1.86%)