



## Simple Grilled Pineapple Milhojas

 Vegetarian

READY IN



705 min.

SERVINGS



12

CALORIES



496 kcal

SIDE DISH

### Ingredients

- 12 pineapple rings
- 3 sheets puff pastry
- 1 pint citrus sorbet
- 10 ounce condensed milk sweetened canned

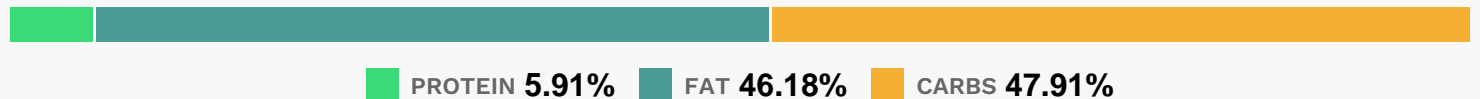
### Equipment

- sauce pan
- grill
- grill pan

## Directions

- To make homemade dulce de leche, remove and discard labels from cans of condensed milk.
- Place the unopened cans into a large saucepan and pour in enough water to cover by 1 or 2-inches. Bring water to a boil over high heat, then reduce heat to medium, cover, and simmer for 3 hours.
- Drain, and allow cans to cool to room temperature before opening.
- Meanwhile, cook the puff pastry sheets according to package directions and allow to cool to room temperature.
- Pour the dulce de leche from one can evenly over a sheet of puff pastry.
- Place a second sheet of puff pastry over the first, then pour on the remaining can of dulce de leche. Top with the remaining puff pastry sheet, then cut into 12 triangles.
- Heat a grill pan over medium-high heat and oil with cooking spray, or preheat an outdoor grill for medium-high heat. Grill the pineapple rings until warm and nicely marked.
- Serve each triangle on a dessert plate garnished with a grilled pineapple slice and a scoop of citrus sorbet.

## Nutrition Facts



## Properties

Glycemic Index:9.75, Glycemic Load:22.79, Inflammation Score:-3, Nutrition Score:8.5134782661562%

## Nutrients (% of daily need)

Calories: 496.42kcal (24.82%), Fat: 25.65g (39.46%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 57.46g (20.9%), Sugar: 28.93g (32.14%), Cholesterol: 8.03mg (2.68%), Sodium: 209.5mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Selenium: 18.55µg (26.5%), Vitamin B1: 0.32mg (21.55%), Vitamin B2: 0.28mg (16.68%), Manganese: 0.3mg (15.02%), Vitamin B3: 2.76mg (13.82%), Folate: 53.22µg (13.31%), Phosphorus: 100.51mg (10.05%), Vitamin K: 10.4µg (9.91%), Iron: 1.77mg (9.85%), Fiber: 2.41g (9.64%), Calcium: 82.34mg (8.23%), Vitamin C: 5.97mg (7.24%), Copper: 0.13mg (6.72%), Magnesium: 24.49mg (6.12%), Potassium: 195.69mg (5.59%), Zinc: 0.6mg (4.02%), Vitamin B6: 0.07mg (3.38%), Vitamin E: 0.38mg (2.53%), Vitamin A: 92.19IU (1.84%), Vitamin B5: 0.18mg (1.77%), Vitamin B12: 0.1µg (1.73%)