



Vanilla-Poached Pineapple



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 stick piece of cinnamon (2-to 3-inch)
- ☐ 4 cups cooking wine dry white
- ☐ 0.3 cup grand marnier
- ☐ 1.5 tablespoons granulated sugar
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 large extra-sweet pineapple
- ☐ 1 turkish or
- ☐ 1 vanilla pod split

☐ 8 servings accompaniment: vanilla ice cream

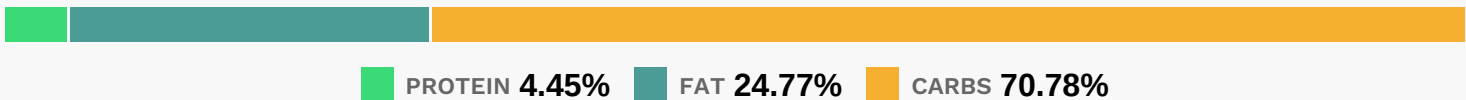
Equipment

- ☐ frying pan
- ☐ knife
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Peel pineapple, then quarter lengthwise.
- ☐ Cut out core, then cut each quarter lengthwise into 4 pieces (for a total of 16).
- ☐ Scrape seeds from vanilla bean into a 12-inch heavy skillet with tip of a paring knife, then add pod, wine, Grand Marnier, brown sugar, cinnamon stick, bay leaf, cloves, and a large pinch of salt. Bring to a boil, stirring until sugar has dissolved.
- ☐ Add pineapple to wine mixture and return to a boil.
- ☐ Remove from heat. Cool pineapple in liquid, about 1 hour.
- ☐ Transfer pineapple with a slotted spoon to a 4-sided sheet pan, then boil liquid until reduced to about 2/3 cup, about 35 minutes.
- ☐ Preheat broiler.
- ☐ Sprinkle pineapple with granulated sugar, then broil 3 to 4 inches from heat until slightly caramelized and lightly charred in spots, 10 to 15 minutes (watch carefully and remove any pineapple that colors more quickly).
- ☐ Serve drizzled with syrup.
- ☐ Pineapple can be poached and liquid reduced 1 day ahead and chilled separately.
- ☐ Sprinkle with sugar and broil before serving.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:19.03, Inflammation Score:-7, Nutrition Score:11.504347972248%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 367.95kcal (18.4%), Fat: 7.53g (11.59%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 46.15g (16.78%), Sugar: 40.6g (45.11%), Cholesterol: 29.04mg (9.68%), Sodium: 63.35mg (2.75%), Alcohol: 14.92g (100%), Alcohol %: 5.88% (100%), Protein: 3.04g (6.09%), Vitamin C: 54.49mg (66.05%), Manganese: 1.28mg (63.97%), Vitamin B2: 0.21mg (12.61%), Calcium: 122.2mg (12.22%), Vitamin B6: 0.22mg (11.15%), Potassium: 356.98mg (10.2%), Phosphorus: 101.2mg (10.12%), Fiber: 2.28g (9.13%), Magnesium: 36.21mg (9.05%), Vitamin B1: 0.12mg (8.19%), Copper: 0.15mg (7.72%), Vitamin B5: 0.69mg (6.92%), Vitamin A: 345.54IU (6.91%), Folate: 25µg (6.25%), Zinc: 0.75mg (5%), Iron: 0.83mg (4.59%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.8mg (4.01%), Selenium: 1.59µg (2.27%), Vitamin E: 0.23mg (1.54%), Vitamin K: 1.61µg (1.53%)