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Grilled Pineapple with Brown Sugar, Coconut, and Rum ♦

Grilled Pineapple with Brown Sugar, Coconut, and Rum is a tropical dessert that is perfect for summer gatherings. The pineapple is grilled to bring out its natural sweetness, and then topped with a mixture of brown sugar, coconut, and rum for a deliciously caramelized flavor. This recipe is easy to make and is sure to impress your guests.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	Pineapple
50 g	brown sugar
50 g	Coconut Flakes
50 ml	rum

Directions

Step 1

Grilling

Preheat the grill to medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the pineapple into slices or wedges.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the pineapple slices for 2-3 minutes per side, or until grill marks appear.

Prep Time: 0 mins

Cook Time: 6 mins

Step 4

Mixing

In a small bowl, mix together the brown sugar, coconut flakes, and rum.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Grilling

Remove the grilled pineapple from the grill and immediately sprinkle the brown sugar mixture over the top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Resting

Allow the brown sugar mixture to caramelize on the pineapple for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 2 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	1 g	2.63%	4%
Sugars	11 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Picnic

Meal Type

Breakfast Lunch Snack Supper

Kitchen Tools

Slow Cooker

Course

Appetizers Desserts Drinks Salads Soups Snacks Sauces & Dressings

Cost

\$10 to \$20 \$40 to \$50

Demographics

Kids Friendly

Difficulty Level

Easy

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