

# Pineapple Delight

Number of Servings: About 6

Ingredient	Nutrients per serving
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|---------|------------------------------|
| 1 each  | Large fresh pineapple, cored |
| 2 tsp.  | Canola oil, divided          |
| 2 Tbsp. | Brown sugar                  |
| 6 each  | 1 ½" angel food cake slices  |

<b>Nutrition Facts</b>	
Serving Size About 1 Cake Slice and 1 cup Pineapple (160g) Servings Per Container About 6	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 1g	
Vitamin A 2%	• Vitamin C 120%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Instructions
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1. Peel pineapple and cut crosswise into one inch slices.
2. Brush slices with one teaspoon oil and place in a single layer on a baking sheet.
3. Broil until lightly browned (approx. 7 minutes).
4. Turn slices over and brush with one teaspoon oil.
5. Broil for 5-7 minutes longer.
6. Remove from oven and sprinkle pineapple with brown sugar.
7. Cut into chunks and serve over angel food cake.

*This recipe can be part of a well balanced food plan.*

**Recipe By: Amy Fanjoy MS, RD, LDN**