

Grilled Pineapple Sundaes with Fresh Strawberry Sauce

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Servings: 6

FRESH STRAWBERRY SAUCE

1/3 cup water
1 tea bag (such as orange pekoe)
1 cup small, fresh, hulled strawberries
1 1/2 cups strawberries, thinly sliced
1 tablespoon granulated sugar
1 1/2 teaspoons cornstarch
1 tablespoon butter

PINEAPPLE SUNDAES

2 tablespoons packed brown sugar
2 tablespoons orange juice
1 tablespoon butter, melted
1 1/2 teaspoons ground cinnamon, divided
1 medium-size fresh pineapple, peeled, cored and cut into eight wedges lengthwise
6 one-inch-thick slices angel food cake
1 1/2 cups lowfat vanilla frozen yogurt
1 tablespoon honey

Preparation Time: 30 minutes

Grill: 6 minutes

Make the Fresh Strawberry Sauce: In a small saucepan, bring the water just to a boil. Remove from the heat and add the teabag. Cover and let steep for 5 minutes. Remove the teabag, pressing out all of the tea. Discard the tea bag.

Meanwhile, in a small bowl, use a potato masher or pastry blender to mash one cup of strawberries. Add the sugar and cornstarch to the mashed strawberries and stir until combined. Add to the brewed tea in the saucepan. Cook and stir until thickened and bubbly. Cook for 2 minutes more. Remove from the heat and stir in the butter and sliced strawberries. Set aside to cool slightly.

Make the sundaes: In a small bowl, combine the brown sugar, orange juice, melted butter and one teaspoon of the cinnamon. Brush the pineapple and cake slices with the sugar mixture.

For a gas or charcoal grill, place the pineapple slices on a grill rack directly over medium heat. Cover and grill for 6 to 8 minutes or until just tender and golden. Add the cake slices for the last 1 to 2 minutes of grilling time, turning the pineapple and cake halfway through the grilling time. Transfer the pineapple to a cutting board and cool for 3 minutes. Coarsely chop the pineapple. Coarsely chop the cake slices, if desired.

To serve, layer the cake, pineapple, frozen yogurt and Fresh Strawberry Sauce in individual shallow dishes. Drizzle with honey and sprinkle with the remaining cinnamon. Serve immediately.

Per Serving (excluding unknown items): 126 Calories; 4g Fat (28.8% calories from fat); 1g Protein; 23g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 43mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	126	Vitamin B6 (mg):	.1mg
% Calories from Fat:	28.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	69.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	18mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refused:	0.0%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	43mg	Vegetable:	0
Potassium (mg):	182mg	Fruit:	1
Calcium (mg):	24mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	36mg		
Vitamin A (i.u.):	184IU		
Vitamin A (r.e.):	41RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 126 **Calories from Fat:** 36

% Daily Values*

Total Fat 4g	7%
Saturated Fat 2g	12%
Cholesterol 10mg	3%
Sodium 43mg	2%
Total Carbohydrates 23g	8%
Dietary Fiber 2g	8%
Protein 1g	
Vitamin A	4%
Vitamin C	60%
Calcium	2%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.