



WHATSheATE



Asian Caramelized Pineapple



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients



1.5 teaspoons canola oil



1.5 teaspoons cilantro leaves fresh chopped



1 teaspoon ginger fresh peeled chopped



1 large garlic clove minced



1.5 teaspoons juice of lime fresh



1 tablespoon soya sauce low-sodium



2 cups pineapple fresh diced



1.5 teaspoons jalapeno red seeded chopped

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1.5 tablespoons onion red minced

Equipment

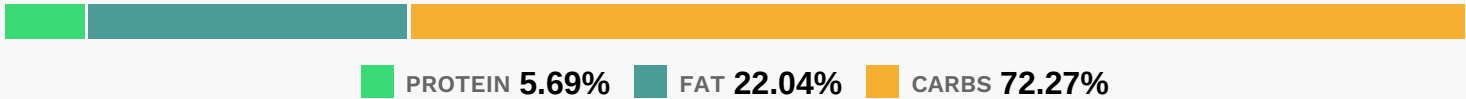
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frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and garlic to pan; cook 2 minutes.
- ☐ Add pineapple; cook 5 minutes or until lightly browned.
- ☐ Add soy sauce, pepper, juice, and ginger; cook 2 minutes.
- ☐ Remove from heat; stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:5.88, Inflammation Score:-3, Nutrition Score:6.2652173754962%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 61.02kcal (3.05%), Fat: 1.63g (2.51%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 10.73g (3.9%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 145.39mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 43.2mg (52.36%), Manganese: 0.8mg (40.21%), Vitamin B6: 0.12mg (6.18%), Fiber: 1.31g (5.24%), Copper: 0.1mg (5.03%), Vitamin B1: 0.07mg (4.8%), Folate: 18.04µg (4.51%), Potassium: 122.9mg (3.51%), Magnesium: 14.02mg (3.51%), Vitamin B3: 0.5mg (2.49%), Vitamin B2: 0.04mg (2.35%), Vitamin E: 0.32mg (2.11%), Vitamin B5: 0.2mg (2.05%), Vitamin K: 2.06µg (1.96%), Iron: 0.34mg (1.88%), Phosphorus: 16.72mg (1.67%), Calcium: 14.77mg (1.48%), Vitamin A: 69.06IU (1.38%), Zinc: 0.15mg (1.03%)