



Curried Pineapple

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



619 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup firmly brown sugar light packed
- 2 tablespoons butter
- 1 teaspoon curry powder
- 1 cup pecans toasted chopped
- 40 ounce dole pineapple chunks canned

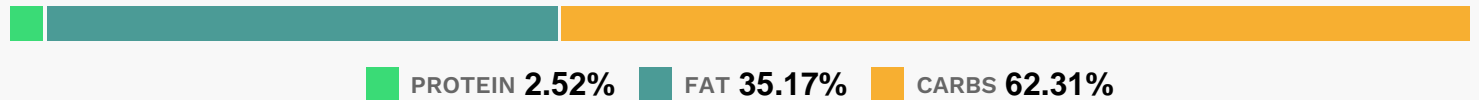
Equipment

- bowl
- sauce pan

Directions

- Drain pineapple, reserving juice.
- Place pineapple in a large serving bowl, and set aside.
- Bring 1 cup reserved juice, brown sugar, butter, and curry powder to a boil in a saucepan; reduce heat, and simmer, uncovered, 20 minutes.
- Pour mixture over pineapple, tossing to coat.
- Sprinkle with chopped pecans.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:14.027391158692%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 619.35kcal (30.97%), Fat: 25.64g (39.44%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 102.21g (34.07%), Net Carbohydrates: 95.74g (34.81%), Sugar: 94.87g (105.41%), Cholesterol: 0mg (0%), Sodium: 84.5mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Manganese: 1.28mg (64.14%), Copper: 0.66mg (33.01%), Vitamin C: 27.02mg (32.75%), Vitamin B1: 0.47mg (31.4%), Fiber: 6.47g (25.87%), Magnesium: 81.93mg (20.48%), Potassium: 547.06mg (15.63%), Vitamin B6: 0.3mg (14.94%), Calcium: 114.57mg (11.46%), Iron: 2.02mg (11.23%), Zinc: 1.55mg (10.36%), Phosphorus: 100.88mg (10.09%), Vitamin A: 412.33IU (8.25%), Vitamin B3: 1.2mg (6.02%), Vitamin B2: 0.1mg (5.82%), Folate: 21.56µg (5.39%), Vitamin E: 0.77mg (5.1%), Selenium: 2.91µg (4.16%), Vitamin K: 3.44µg (3.27%), Vitamin B5: 0.31mg (3.14%)