



Glazed Pineapple Madagascar with St. Andrew's Glacé



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brine-packed peppercorns green crushed drained
- ☐ 4 servings st. andrew's glacé
- ☐ 1 tablespoon honey
- ☐ 0.8 cup orange juice fresh
- ☐ 4 slices pineapple fresh 1-inch-thick ()
- ☐ 0.3 cup rum white
- ☐ 4 teaspoons sugar

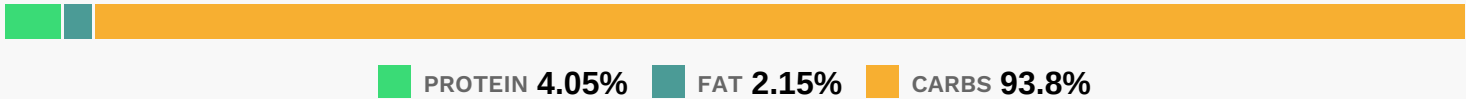
Equipment

☐ frying pan

Directions

- ☐ Prepare St. Andrew's Glac.
- ☐ Rub cut sides of pineapple with peppercorns; sprinkle sugar over one side of each pineapple slice.
- ☐ Place a large nonstick skillet over medium heat until hot.
- ☐ Add pineapple, sugar side down; saut 5 minutes or until golden. Turn pineapple.
- ☐ Add orange juice, honey, and rum; bring to a boil.
- ☐ Remove pineapple from skillet; set aside. Reduce heat, and simmer, uncovered, until reduced to 1/4 cup or syrupy (about 10 minutes).
- ☐ Remove from heat.
- ☐ Arrange pineapple on each of 4 plates.
- ☐ Drizzle orange syrup over slices; top with St. Andrew's Glac.

Nutrition Facts



Properties

Glycemic Index:62.01, Glycemic Load:13.28, Inflammation Score:-4, Nutrition Score:7.6360868351615%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 132.85kcal (6.64%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 23.38g (8.5%), Sugar: 20.57g (22.86%), Cholesterol: 0mg (0%), Sodium: 97.9mg (4.26%), Alcohol:

5.01g (100%), Alcohol %: 4% (100%), Protein: 1.06g (2.13%), Vitamin C: 63.43mg (76.88%), Manganese: 0.79mg (39.61%), Folate: 29.17µg (7.29%), Vitamin B1: 0.11mg (7.27%), Copper: 0.12mg (5.91%), Vitamin B6: 0.11mg (5.7%), Potassium: 187.67mg (5.36%), Fiber: 1.28g (5.12%), Magnesium: 15.3mg (3.82%), Vitamin B3: 0.61mg (3.07%), Vitamin A: 141.72IU (2.83%), Vitamin B5: 0.27mg (2.71%), Vitamin B2: 0.04mg (2.6%), Iron: 0.4mg (2.21%), Calcium: 16.39mg (1.64%), Phosphorus: 15.44mg (1.54%)