

Grilled Pineapple



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



12

CALORIES



63 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.3 teaspoon honey
- ☐ 1 dash pepper sauce hot
- ☐ 1 pineapple fresh cored peeled cut into 1 inch rings
- ☐ 12 servings salt to taste

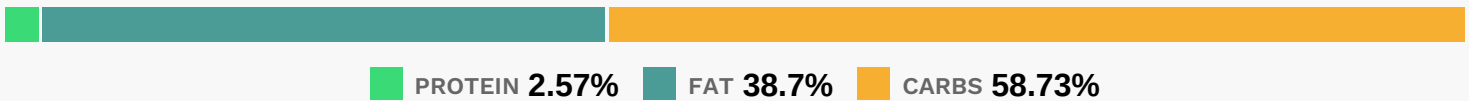
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place pineapple in a large resealable plastic bag.
- ☐ Add honey, butter, hot pepper sauce, and salt. Seal bag, and shake to coat evenly. Marinate for at least 30 minutes, or preferably overnight.
- ☐ Preheat an outdoor grill for high heat, and lightly oil grate.
- ☐ Grill pineapple for 2 to 3 minutes per side, or until heated through and grill marks appear.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:5.24, Inflammation Score:-3, Nutrition Score:5.0556522688788%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 63.25kcal (3.16%), Fat: 2.93g (4.51%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 8.95g (3.25%), Sugar: 7.55g (8.39%), Cholesterol: 7.53mg (2.51%), Sodium: 217.28mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Vitamin C: 36.06mg (43.7%), Manganese: 0.7mg (34.99%), Vitamin B6: 0.08mg (4.23%), Fiber: 1.06g (4.22%), Copper: 0.08mg (4.16%), Vitamin B1: 0.06mg (3.98%), Folate: 13.68µg (3.42%), Vitamin A: 131.22IU (2.62%), Potassium: 83.17mg (2.38%), Magnesium: 9.13mg (2.28%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.16mg (1.65%), Vitamin B2: 0.03mg (1.49%), Iron: 0.22mg (1.23%), Calcium: 10.77mg (1.08%)