



Grilled Pineapple and Banana Sauce with Honey and Lime



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



215 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 2 medium banana peeled
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 5.5 inch pineapple cored peeled
- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.5 vanilla pod split

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Place butter, honey, brown sugar, and lime juice in small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer over medium heat, whisking until smooth. DO AHEAD Can be made 2 days ahead. Cover and refrigerate.
- ☐ Remove vanilla bean and rewarm sauce before using.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush both sides of pineapple with some sauce. Grill 1 minute per side.
- ☐ Transfer to plate; cut into 1/2-inch cubes and place in large bowl, leaving juices behind.
- ☐ Mix remaining sauce into pineapple.
- ☐ Cut bananas into 1/2-inch chunks; fold into pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:55.24, Glycemic Load:15.04, Inflammation Score:-3, Nutrition Score:4.5121739351231%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.43kcal (10.77%), Fat: 7.96g (12.25%), Saturated Fat: 4.88g (30.52%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 36.41g (13.24%), Sugar: 29.4g (32.67%), Cholesterol: 20.07mg (6.69%), Sodium: 4.76mg (0.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin B6: 0.3mg (15.14%), Manganese: 0.27mg (13.66%), Vitamin C: 10.64mg (12.9%), Potassium: 312.71mg (8.93%), Fiber: 2.16g (8.63%), Magnesium: 23.39mg (5.85%), Vitamin A: 288.79IU (5.78%), Folate: 17.71µg (4.43%), Vitamin B2: 0.07mg (4.01%), Copper: 0.08mg (3.91%), Vitamin B5: 0.31mg (3.09%), Vitamin B3: 0.58mg (2.92%), Phosphorus: 21.5mg (2.15%), Vitamin E: 0.31mg (2.05%), Vitamin B1: 0.03mg (1.99%), Iron: 0.34mg (1.89%), Selenium: 1.1µg (1.57%), Calcium: 14.96mg (1.5%), Zinc: 0.17mg (1.13%), Vitamin K: 1.11µg (1.06%)