



Grilled Pineapple and Bananas with Lemonade Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 4 bananas ripe ends trimmed unpeeled cut into 2-inch chunks
- ☐ 0.5 juice of lemon
- ☐ 1 pineapple fresh cored peeled cut into 2-inch chunks
- ☐ 0.5 cup turbinado sugar or

Equipment

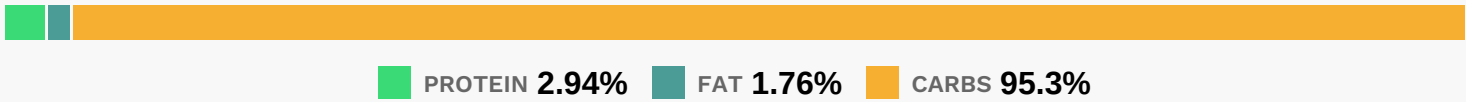
- ☐ sauce pan
- ☐ wooden spoon

- ☐ grill
- ☐ skewers

Directions

- ☐ Make a lengthwise slice on the skin of each unpeeled banana chunk to allow easy peeling after bananas are grilled. Thread the fruit onto skewers, alternating chunks of banana and pineapple.
- ☐ To make the glaze, put the sugar in a stainless-steel saucepan and cook over medium-high heat until it becomes liquid, about 3 minutes. Stir with a wooden spoon and add the lemon juice and zest. If using cane syrup, simply add the lemon juice with zest and stir, without heating. Set aside.
- ☐ Fill a charcoal chimney with hardwood lump charcoal, set the chimney on the bottom grill grate, and light. When the coals are ready, dump them into the bottom of the grill and spread evenly. For a gas grill, turn to medium-high.
- ☐ Brush the skewered fruits with the glaze.
- ☐ Place the skewers over direct heat. Grill 3 minutes on each side, until fruit is browned.
- ☐ Remove from grill and brush again with the glaze.
- ☐ Serve immediately.
- ☐ Excerpt from 25 Essentials: Techniques for Grilling, by Ardie A. Davis, © 200
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Nutrition Facts



Properties

Glycemic Index:28.36, Glycemic Load:28.59, Inflammation Score:-7, Nutrition Score:17.216956579167%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:

0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg,
Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 318.72kcal (15.94%), Fat: 0.67g (1.03%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 81.75g (27.25%), Net
Carbohydrates: 75.5g (27.46%), Sugar: 61.57g (68.42%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin C: 119.86mg (145.29%), Manganese: 2.43mg
(121.39%), Vitamin B6: 0.69mg (34.41%), Fiber: 6.25g (24.99%), Potassium: 680.16mg (19.43%), Copper: 0.34mg
(17.19%), Folate: 65.07µg (16.27%), Magnesium: 59.74mg (14.93%), Vitamin B1: 0.22mg (14.41%), Vitamin B3: 1.92mg
(9.6%), Vitamin B2: 0.16mg (9.36%), Vitamin B5: 0.88mg (8.81%), Iron: 1.06mg (5.88%), Phosphorus: 44.61mg
(4.46%), Vitamin A: 206.97IU (4.14%), Calcium: 38.54mg (3.85%), Zinc: 0.46mg (3.05%), Vitamin K: 2.17µg (2.07%),
Selenium: 1.41µg (2.01%), Vitamin E: 0.17mg (1.13%)