



Grilled Pineapple with Lime and Coconut

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

DESSERT

Ingredients

- 1 juice of lime
- 2 tablespoons brown sugar light packed
- 1 pineapple cored peeled cut into 1/2-inch-thick wedges
- 0.5 cup coconut or sweetened flaked

Equipment

- bowl
- frying pan
- grill

Directions

- Place coconut in a small skillet over medium heat. Cook, stirring frequently, until coconut is golden and lightly toasted.
- Transfer to a bowl.
- Preheat grill to medium. In a small bowl, combine lime juice and sugar.
- Oil grill. Put pineapple wedges on grill and cook, turning once, until softened and browned in spots, 7 to 8 minutes total.
- Transfer pineapple to a dish and dot with lime juice mixture.
- Just before serving, arrange pineapple on a platter and sprinkle with lime zest and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:10.35, Inflammation Score:-4, Nutrition Score:10.583043576583%

Flavonoids

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, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 124.17kcal (6.21%), Fat: 2.17g (3.34%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 24.94g (9.07%), Sugar: 21.43g (23.81%), Cholesterol: 0mg (0%), Sodium: 22.92mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 73.6mg (89.21%), Manganese: 1.47mg (73.48%), Fiber: 2.83g (11.33%), Copper: 0.19mg (9.5%), Vitamin B6: 0.17mg (8.73%), Vitamin B1: 0.12mg (8.1%), Folate: 27.9µg (6.98%), Potassium: 201.15mg (5.75%), Magnesium: 22.47mg (5.62%), Vitamin B3: 0.81mg (4.08%), Vitamin B5: 0.34mg (3.43%), Iron: 0.58mg (3.21%), Vitamin B2: 0.05mg (2.95%), Calcium: 24.41mg (2.44%), Phosphorus: 20.01mg (2%), Selenium: 1.34µg (1.92%), Vitamin A: 89.98IU (1.8%), Zinc: 0.24mg (1.58%), Vitamin K: 1.09µg (1.03%)