



## Grilled Tequila-Cilantro Pineapple



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



274 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup cilantro leaves fresh chopped
- 1.5 tablespoons chipotle chili powder
- 1 optional: lemon
- 1 lime
- 1 pineapple fresh cored peeled
- 4 servings salt and pepper to taste
- 1 cup tequila

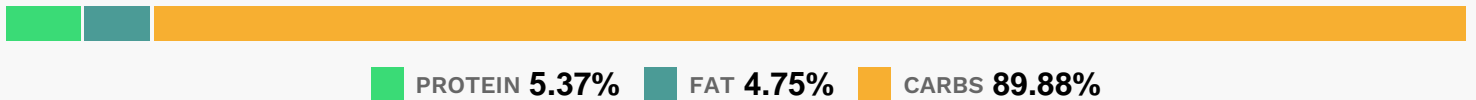
### Equipment

- bowl
- sauce pan
- grill
- ziploc bags

## Directions

- Cut the pineapple lengthwise into 8 wedges.
- Place the wedges into a sealable plastic container or sealable plastic bag. In a small bowl, stir together the cilantro, tequila and chipotle.
- Pour into the container with the pineapple.
- Cut lemon and lime in half, squeeze out some juice and put the juice and fruit into the container. Season with salt and pepper. Marinate in the refrigerator for at least one hour, turning pineapple once.
- Preheat an outdoor grill to medium-high heat. When the coals are hot, brush a light coating of oil on the grate.
- Grill wedges for about 4 to 5 minutes on each side. If you like you can make a sauce by cooking the marinade in a saucepan over medium-high heat. Bring to a boil and cook until the sauce is thick and syrupy. It will be very spicy!

## Nutrition Facts



## Properties

Glycemic Index:40.79, Glycemic Load:16.4, Inflammation Score:-9, Nutrition Score:17.260869617048%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 273.96kcal (13.7%), Fat: 0.84g (1.28%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 30g (10.91%), Sugar: 23.49g (26.1%), Cholesterol: 0mg (0%), Sodium: 248.57mg (10.81%), Alcohol: 20.04g (100%), Alcohol %: 7.53% (100%), Protein: 2.13g (4.25%), Vitamin C: 128.43mg (155.68%), Manganese: 2.19mg (109.31%), Vitamin A: 1304.96IU (26.1%), Fiber: 5.55g (22.19%), Vitamin B6: 0.35mg (17.58%), Vitamin K: 17.26µg (16.43%), Copper: 0.32mg (16.08%), Vitamin B1: 0.21mg (13.89%), Folate: 48.35µg (12.09%), Potassium: 381.54mg (10.9%), Vitamin E: 1.37mg (9.11%), Magnesium: 35.83mg (8.96%), Iron: 1.53mg (8.52%), Vitamin B3: 1.59mg (7.96%), Vitamin B2: 0.12mg (6.95%), Vitamin B5: 0.62mg (6.19%), Calcium: 54.66mg (5.47%), Phosphorus: 38.76mg (3.88%), Zinc: 0.48mg (3.2%), Selenium: 1.05µg (1.5%)