



Honey-Curry Glazed Pineapple

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon curry powder
- 0.3 cup grand marnier orange-flavored (liqueur)
- 0.3 cup honey
- 0.3 cup brown sugar light
- 1 pineapple peeled cut into 2-inch chunks
- 1 tablespoon vanilla extract

Equipment

- bowl

baking sheet

oven

Directions

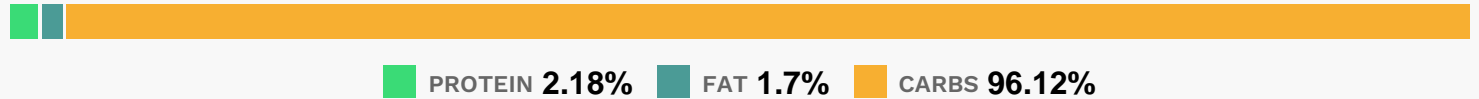
Preheat oven to 50

Combine the pineapple chunks, honey, curry, and vanilla in a bowl; toss well. Arrange on a baking sheet.

Bake at 500 for 10 minutes.

Sprinkle with brown sugar, and drizzle with Grand Marnier. Ignite pineapple with a long match, and let flames die down.

Nutrition Facts



Properties

Glycemic Index:28.98, Glycemic Load:24.65, Inflammation Score:-6, Nutrition Score:14.222173856652%

Flavonoids

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: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 289.45kcal (14.47%), Fat: 0.52g (0.81%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 62.91g (22.88%), Sugar: 58.22g (64.69%), Cholesterol: 0mg (0%), Sodium: 9.21mg (0.4%), Alcohol: 4.95g (100%), Alcohol %: 2.24% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.51g (3.02%), Vitamin C: 108.42mg (131.42%), Manganese: 2.2mg (109.87%), Fiber: 3.71g (14.83%), Copper: 0.28mg (14.17%), Vitamin B6: 0.28mg (14.11%), Vitamin B1: 0.18mg (12.23%), Folate: 43.6µg (10.9%), Potassium: 308.3mg (8.81%), Magnesium: 33.45mg (8.36%), Iron: 1.3mg (7.22%), Vitamin B3: 1.26mg (6.3%), Vitamin B2: 0.09mg (5.27%), Vitamin B5: 0.52mg (5.16%), Calcium: 49.77mg (4.98%), Vitamin K: 3.08µg (2.93%), Vitamin A: 146.01IU (2.92%), Zinc: 0.39mg (2.61%), Phosphorus: 25.81mg (2.58%), Vitamin E: 0.38mg (2.5%), Selenium: 0.86µg (1.23%)