



Honey-Glazed Grilled Pineapple



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 0.3 cup mint leaves fresh minced
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime zest grated
- ☐ 1 teaspoon orange-flower water
- ☐ 1 large pineapple ripe

Equipment

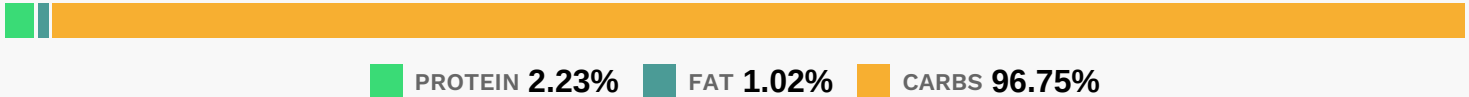
- ☐ whisk

- ☐ plastic wrap
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Whisk first 4 ingredients in large glass baking dish. Peel pineapple; cut crosswise into 6 rounds.
- ☐ Remove core; discard.
- ☐ Add pineapple to dish; turn to coat. Cover with plastic wrap; let stand at room temperature at least 1 hour and up to 2 hours.
- ☐ Prepare barbecue (medium heat).
- ☐ Remove pineapple from marinade (reserve marinade). Grill until golden brown, about 3 minutes per side.
- ☐ Transfer to serving dish.
- ☐ Pour reserved marinade over.
- ☐ Sprinkle with mint.
- ☐ Serve warm or chilled.
- ☐ *Sold at liquor stores and in the liquor or specialty foods section of supermarkets.

Nutrition Facts



Properties

Glycemic Index:23.82, Glycemic Load:22.52, Inflammation Score:-5, Nutrition Score:10.717825850715%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 165.43kcal (8.27%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 41.88g (15.23%), Sugar: 38.24g (42.49%), Cholesterol: 0mg (0%), Sodium: 3.44mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin C: 76.15mg (92.31%), Manganese: 1.44mg (72.24%), Fiber: 2.39g (9.55%), Copper: 0.19mg (9.28%), Vitamin B6: 0.18mg (9.12%), Vitamin B1: 0.12mg (8.23%), Folate: 30.94µg (7.74%), Potassium: 202.58mg (5.79%), Magnesium: 21.03mg (5.26%), Vitamin B3: 0.84mg (4.18%), Vitamin B2: 0.07mg (3.86%), Iron: 0.67mg (3.7%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 172.68IU (3.45%), Calcium: 27.6mg (2.76%), Zinc: 0.27mg (1.82%), Phosphorus: 16.16mg (1.62%), Vitamin K: 1.12µg (1.07%)