

SIDE DISH

Honey-Spiced Pineapple

20 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
8 min	2 min	6 min	4	\$0.61	148 kcal

Need a gluten free, lacto ovo vegetarian, and primal side dish? Honey-Spiced Pineapple could be an awesome recipe to try. This recipe makes 4 servings with 148 calories, 1g of protein, and 3g of fat each. For 61 cents per serving, this recipe covers 4% of your daily requirements of vitamins and mine...

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon honey
- ☐ ½ teaspoon curry powder
- ☐ 3 cups fresh pineapple chunks

EQUIPMENT Frying pan

Method

- 1

Melt butter in a large nonstick skillet over medium-high heat.
- 2

Add pineapple, honey, and curry powder; cook 3 minutes or until thoroughly heated, stirring frequently.

Nutrition per serving

148	1 g	3 g	32 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.8 g · 11% of daily needs
Fibre			2.4 g · 10% of daily needs
Sugar			29.6 g · 33% of daily needs
Sodium			24.6 mg · 1% of daily needs
Cholesterol			7.5 mg · 3% of daily needs
Vitamin C			16.7 mg · 20% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/honey-spiced-pineapple-144146