



## Honeysuckle Pineapple

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons cherry brandy
- 1.5 tablespoons honey
- 1 teaspoon juice of lemon
- 4 slices pineapple fresh

### Equipment

- bowl
- grill

## Directions

- Combine honey, brandy and lemon juice in a nonporous glass dish or bowl.
- Mix together and add pineapple; coat well with marinade mixture. Cover dish and marinate in refrigerator for 1 hour.
- Preheat grill to medium heat and lightly oil grate.
- Remove pineapple from dish or bowl, discarding any leftover marinade.
- Place pineapple wedges directly on rack or in a basket and grill for about 10 minutes, turning, until pineapple is hot and caramelized.

## Nutrition Facts

**PROTEIN 2.63%** **FAT 1.28%** **CARBS 96.09%**

## Properties

Glycemic Index:20.99, Glycemic Load:6.1, Inflammation Score:-2, Nutrition Score:3.7313042788402%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 55.69kcal (2.78%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 10.92g (3.97%), Sugar: 9.85g (10.94%), Cholesterol: 0mg (0%), Sodium: 0.83mg (0.04%), Alcohol: 1.67g (100%), Alcohol %: 3.16% (100%), Protein: 0.32g (0.64%), Vitamin C: 27.12mg (32.87%), Manganese: 0.52mg (26.22%), Copper: 0.06mg (3.23%), Vitamin B6: 0.06mg (3.22%), Fiber: 0.8g (3.19%), Vitamin B1: 0.04mg (2.98%), Folate: 10.35µg (2.59%), Potassium: 64.73mg (1.85%), Magnesium: 6.88mg (1.72%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.12mg (1.24%), Vitamin B2: 0.02mg (1.19%), Iron: 0.19mg (1.04%)