



Lemon-Sugar Grilled Pineapple



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

DESSERT

Ingredients



2 tablespoons lemon zest grated



4 lb pineapple



0.5 cup sugar

Equipment



grill



stove

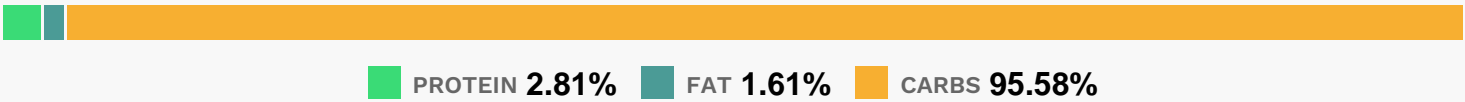


grill pan

Directions

- ☐ Trim and peel pineapple.
- ☐ Cut lengthwise into quarters and remove the tough core.
- ☐ Cut each quarter in half crosswise, making 8 sections.
- ☐ Combine lemon zest and sugar in a ziplock bag. Rub vigorously to blend flavors.
- ☐ Prepare a charcoal fire, let burn to a gray ash and set grill about 6 inches from heat source. (Alternatively, set a stove-top grill pan over medium-low heat.)
- ☐ Working with one or two sections at a time, place pineapple in bag with sugar mixture and turn carefully to coat.
- ☐ Transfer to grill and cook, flipping often, until caramelized and slightly softened, 5 to 7 minutes. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:24.29, Inflammation Score:-5, Nutrition Score:13.287391321815%

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: 162.23kcal (8.11%), Fat: 0.32g (0.49%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 39.07g (14.21%), Sugar: 34.88g (38.75%), Cholesterol: 0mg (0%), Sodium: 2.48mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin C: 110.34mg (133.75%), Manganese: 2.1mg (105.15%), Fiber: 3.33g (13.34%), Vitamin B6: 0.26mg (12.83%), Copper: 0.25mg (12.59%), Vitamin B1: 0.18mg (12%), Folate: 41.02µg (10.25%), Potassium: 249.86mg (7.14%), Magnesium: 27.44mg (6.86%), Vitamin B3: 1.14mg (5.7%), Vitamin B5: 0.49mg (4.88%), Vitamin B2: 0.08mg (4.48%), Iron: 0.68mg (3.76%), Calcium: 31.62mg (3.16%), Vitamin A: 132.29IU (2.65%), Zinc: 0.28mg (1.85%), Phosphorus: 18.32mg (1.83%), Vitamin K: 1.59µg (1.51%)