



Pineapple and Papaya with Tequila Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon cayenne
- ☐ 3 tablespoons plus
- ☐ 1 lime
- ☐ 3 tablespoons juice of lime
- ☐ 0.5 lb meridol papaya peeled
- ☐ 1.7 lb pineapple cored peeled
- ☐ 2 tablespoons tequila

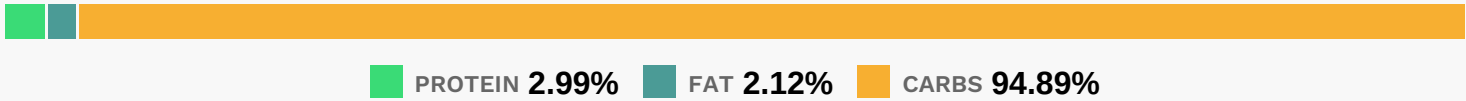
Equipment

☐ frying pan

Directions

- ☐ Cut pineapple crosswise into 8 to 12 slices.
- ☐ Cut papaya crosswise into thin slices.
- ☐ Cut lime crosswise into paper-thin slices, discarding ends. Arrange fruit on plates.
- ☐ In a 1- to 2-quart pan over high heat, stir corn syrup, lime juice, and cayenne until boiling, 1 to 2 minutes.
- ☐ Add tequila and immediately ignite (not near a vent, fan, or inflammables). Shake pan until flames die down. Spoon syrup over fruit.

Nutrition Facts



Properties

Glycemic Index:53.85, Glycemic Load:18.83, Inflammation Score:-8, Nutrition Score:14.168260755746%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg, Hesperetin: 8.21mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 190.94kcal (9.55%), Fat: 0.46g (0.71%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 42.15g (15.33%), Sugar: 36.2g (40.22%), Cholesterol: 0mg (0%), Sodium: 17.31mg (0.75%), Alcohol: 2.51g (100%), Alcohol %: 1.07% (100%), Protein: 1.46g (2.92%), Vitamin C: 133.17mg (161.41%), Manganese: 1.78mg (89.03%), Fiber: 4.14g (16.56%), Folate: 57.53µg (14.38%), Vitamin A: 688.27IU (13.77%), Copper: 0.25mg (12.46%), Vitamin B6: 0.25mg (12.32%), Vitamin B1: 0.18mg (12.04%), Potassium: 341.02mg (9.74%), Magnesium: 36.75mg (9.19%), Vitamin B3: 1.2mg (6.02%), Vitamin B5: 0.56mg (5.61%), Vitamin B2: 0.08mg (4.81%), Calcium: 45.25mg (4.52%), Iron: 0.81mg (4.49%), Vitamin K: 3.02µg (2.87%), Phosphorus: 25.86mg (2.59%), Zinc: 0.38mg (2.51%), Vitamin E: 0.29mg (1.92%), Selenium: 0.73µg (1.04%)