



Pineapple Slices with Honeydew Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup honey
- ☐ 0.3 cup honeydew melon liqueur
- ☐ 1 wedges honeydew melon ripe cubed peeled seeded
- ☐ 1 sprigs garnishes: mint raspberries fresh
- ☐ 1 pineapple cored peeled

Equipment

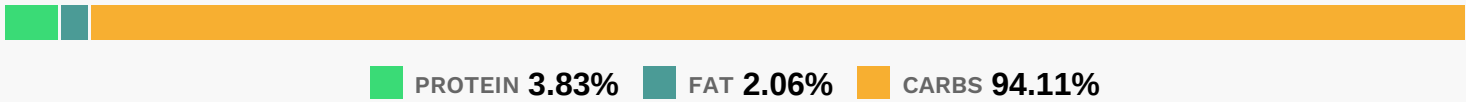
- ☐ food processor

- ☐ bowl
- ☐ grill

Directions

- ☐ Process first 3 ingredients in a food processor until smooth, stopping once to scrape down sides.
- ☐ Transfer to a bowl. Cover and chill 2 hours.
- ☐ Cut pineapple in half lengthwise.
- ☐ Cut each half into 4 wedges.
- ☐ Grill, covered with grill lid, over high heat (400 to 50
- ☐ about 5 minutes on each side, or until lightly browned.
- ☐ Pour honeydew mixture into 8 chilled bowls; sprinkle with chopped mint. Arrange pineapple over honeydew mixture. Top each serving with raspberries and a mint sprig.
- ☐ Serve immediately.
- ☐ *For testing purposes, we used Midori.

Nutrition Facts



Properties

Glycemic Index:13.87, Glycemic Load:12.32, Inflammation Score:-5, Nutrition Score:11.93217387925%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.33mg,
Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin:
0.11mg, Hesperetin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin:
0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 149.02kcal (7.45%), Fat: 0.38g (0.58%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 38.73g (12.91%),
Net Carbohydrates: 35.72g (12.99%), Sugar: 33.26g (36.96%), Cholesterol: 0mg (0%), Sodium: 31.64mg (1.38%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin C: 84.22mg (102.09%), Manganese: 1.11mg

(55.71%), Potassium: 511.77mg (14.62%), Vitamin B6: 0.28mg (13.8%), Folate: 53.19µg (13.3%), Fiber: 3.01g (12.05%), Vitamin B1: 0.15mg (10.2%), Copper: 0.17mg (8.57%), Magnesium: 31.17mg (7.79%), Vitamin B3: 1.29mg (6.44%), Vitamin K: 5.59µg (5.32%), Vitamin B5: 0.51mg (5.08%), Iron: 0.71mg (3.93%), Vitamin A: 193.4IU (3.87%), Vitamin B2: 0.06mg (3.7%), Phosphorus: 28.43mg (2.84%), Calcium: 27.84mg (2.78%), Zinc: 0.32mg (2.13%), Selenium: 1.36µg (1.94%)