



WHATSheATE



## Pu-Pu Platter Pineapple with Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 pound bacon halved thinly sliced ( 11 slices)
- ☐ 1 teaspoon curry powder
- ☐ 0.8 pound pineapple-peeled cored cut into 1-inch cubes ( 22 to 24 cubes)

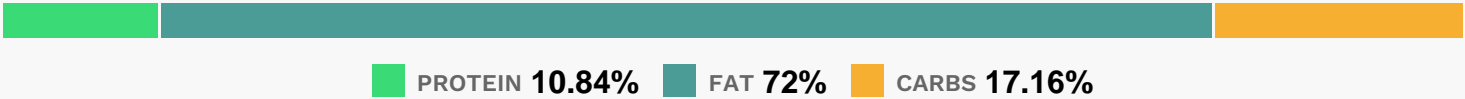
## Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat the oven to 45
- ☐ Lay the bacon slices on a work surface and sprinkle with the curry powder.
- ☐ Roll up a pineapple cube in each bacon slice and transfer them to a rimmed baking sheet.
- ☐ Bake in the upper third of the oven for about 20 minutes, or until the bacon is crisp and brown.
- ☐ Serve hot or at room temperature.
- ☐ Make Ahead: The bacon-wrapped pineapple can be refrigerated overnight. Bring the hors d'oeuvre back to room temperature before baking.

## Nutrition Facts



## Properties

Glycemic Index:2.65, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:1.5500000138646%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 46.76kcal (2.34%), Fat: 3.78g (5.81%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.8g (0.65%), Sugar: 1.4g (1.55%), Cholesterol: 6.24mg (2.08%), Sodium: 62.74mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin C: 6.78mg (8.22%), Manganese: 0.14mg (6.8%), Selenium: 1.93µg (2.75%), Vitamin B1: 0.04mg (2.5%), Vitamin B3: 0.45mg (2.27%), Vitamin B6: 0.04mg (2.1%), Phosphorus: 15.03mg (1.5%), Potassium: 35.45mg (1.01%), Copper: 0.02mg (1.01%)