



Roasted Pineapple

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

Ingredients

- 1 large pineapple whole cored peeled
- 1 lime halved
- 0.3 cup sugar
- 2 teaspoons coarse salt
- 0.5 teaspoon chili powder

Equipment

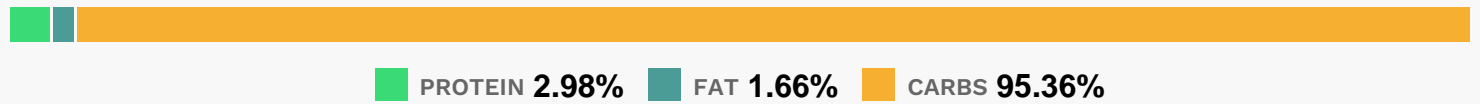
- baking sheet
- baking paper

oven

Directions

- Preheat the oven to 450 degrees. Line a baking sheet with a nonstick baking mat or parchment paper.
- Slice pineapple crosswise into 1/4-inch slices, and place in a single layer on the baking sheet. Squeeze lime juice over pineapple slices.
- Combine the sugar, salt, and chili powder in a shallow dish. Coat each pineapple slice on both sides with sugar mixture and return to the baking sheet.
- Transfer pineapple slices to oven, and roast until very soft and beginning to brown, about 15 minutes.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:15.94, Inflammation Score:-6, Nutrition Score:13.720434779706%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg 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: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 168.73kcal (8.44%), Fat: 0.34g (0.52%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 40.27g (14.64%), Sugar: 34.99g (38.87%), Cholesterol: 0mg (0%), Sodium: 1169.81mg (50.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin C: 113.02mg (137%), Manganese: 2.11mg (105.58%), Fiber: 3.72g (14.89%), Vitamin B6: 0.27mg (13.29%), Copper: 0.26mg (13.21%), Vitamin B1: 0.18mg (12.29%), Folate: 42.13µg (10.53%), Potassium: 272.44mg (7.78%), Magnesium: 28.81mg (7.2%), Vitamin B3: 1.19mg (5.97%), Vitamin B5: 0.52mg (5.2%), Iron: 0.86mg (4.76%), Vitamin B2: 0.08mg (4.59%), Vitamin A: 213.73IU (4.27%), Calcium: 37.99mg (3.8%), Phosphorus: 21.99mg (2.2%), Zinc: 0.31mg (2.05%), Vitamin K: 1.95µg (1.86%), Vitamin E: 0.18mg (1.18%)