



## Roasted Pineapple With Cilantro

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



107 kcal

SIDE DISH

### Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 1 tablespoon honey
- 1 large pineapple cored peeled
- 2 tablespoons pineapple juice

### Equipment

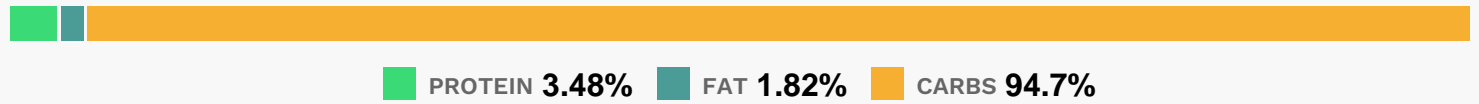
- bowl

- frying pan
- oven
- whisk

## Directions

- Preheat oven to 42
- Cut pineapple into 10 wedges; place wedges on a jelly-roll pan.
- Combine juice and remaining ingredients in a bowl; stir with a whisk.
- Drizzle juice mixture over pineapple.
- Bake at 425 for 20 minutes; broil for 2 minutes or until pineapple is browned.

## Nutrition Facts



## Properties

Glycemic Index:37.79, Glycemic Load:14.58, Inflammation Score:-5, Nutrition Score:12.06826080965%

## 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: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 107.27kcal (5.36%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 25.52g (9.28%), Sugar: 21.88g (24.32%), Cholesterol: 0mg (0%), Sodium: 2.33mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin C: 87.16mg (105.65%), Manganese: 1.81mg (90.42%), Vitamin B6: 0.21mg (10.56%), Fiber: 2.6g (10.41%), Copper: 0.21mg (10.3%), Vitamin B1: 0.15mg (9.78%), Folate: 33.83µg (8.46%), Potassium: 210.84mg (6.02%), Magnesium: 23.1mg (5.78%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.39mg (3.93%), Vitamin B2: 0.06mg (3.61%), Iron: 0.61mg (3.38%), Calcium: 25.16mg (2.52%), Vitamin A: 110.82IU (2.22%), Zinc: 0.24mg (1.61%), Phosphorus: 15.55mg (1.56%), Vitamin K: 1.61µg (1.53%)