



## Roasted Pineapple with Honey and Pistachios

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



368 kcal

SIDE DISH

### Ingredients

- 0.3 cup crème fraîche
- 0.5 cup t brown sugar dark packed ()
- 3 tablespoons honey
- 2 tablespoons mint leaves fresh
- 0.5 cup orange juice
- 1 medium pineapple cored ripe peeled cut lengthwise into 8 wedges
- 0.3 cup pistachios unsalted coarsely chopped

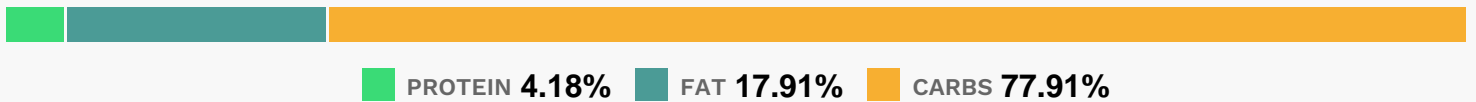
### Equipment

- bowl
- baking paper
- oven

## Directions

- Preheat oven to 450°F. Line a large rimmed baking sheet with parchment paper. Stir first 3 ingredients in a large bowl until sugar dissolves.
- Add pineapple; toss to coat.
- Let marinate, tossing occasionally, for 10 minutes.
- Place pineapple, one flat side down, on prepared sheet; reserve marinade.
- Roast pineapple for 15 minutes. Turn, brush with marinade, and roast until tender and caramelized, 10–15 minutes.
- Drizzle remaining marinade over; let cool slightly.
- Divide pineapple among plates. Spoon crème fraîche alongside.
- Garnish with nuts and mint.
- Per serving: 283 calories, 5 g fat, 60 g carbohydrates
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index: 40.73, Glycemic Load: 23.94, Inflammation Score: -7, Nutrition Score: 16.939130430636%

## Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 368.3kcal (18.41%), Fat: 7.84g (12.06%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 76.76g (25.59%), Net Carbohydrates: 72.24g (26.27%), Sugar: 65.78g (73.09%), Cholesterol: 8.48mg (2.83%), Sodium: 16.75mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Vitamin C: 124.96mg (151.46%), Manganese: 2.29mg (114.51%), Copper: 0.42mg (21.21%), Vitamin B6: 0.4mg (20.24%), Vitamin B1: 0.28mg (18.85%), Fiber: 4.52g (18.07%), Folate: 59.56µg (14.89%), Potassium: 489.1mg (13.97%), Magnesium: 47.96mg (11.99%), Calcium: 88.15mg (8.82%), Phosphorus: 85.92mg (8.59%), Iron: 1.53mg (8.5%), Vitamin B2: 0.14mg (8.38%), Vitamin A: 415.53IU (8.31%), Vitamin B3: 1.5mg (7.51%), Vitamin B5: 0.7mg (6.97%), Zinc: 0.64mg (4.3%), Selenium: 2.27µg (3.24%), Vitamin K: 3.18µg (3.03%), Vitamin E: 0.33mg (2.23%)