



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

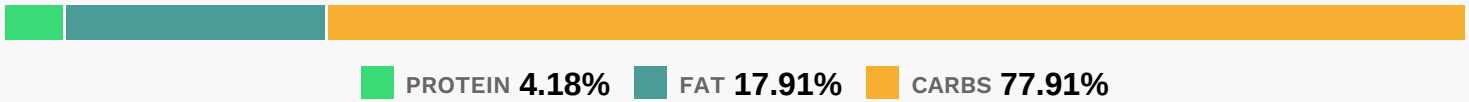
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Line a large rimmedbaking sheet with parchment paper. Stirfirst 3 ingredients in a large bowl until sugardissolves.
- ☐ Add pineapple; toss to coat.
- ☐ Let marinate, tossing occasionally, for10 minutes.
- ☐ Place pineapple, one flat sidedown, on prepared sheet; reserve marinade.
- ☐ Roast pineapple for 15 minutes. Turn,brush with marinade, and roast until tenderand caramelized, 10–15 minutes.
- ☐ Drizzleremaining marinade over; let cool slightly.
- ☐ Divide pineapple among plates. Spooncrème fraîche alongside.
- ☐ Garnish with nutsand 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%)