



Sauteed Pineapple



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 40 ounce pineapple chunks in juice canned
- ☐ 1 tablespoon rum

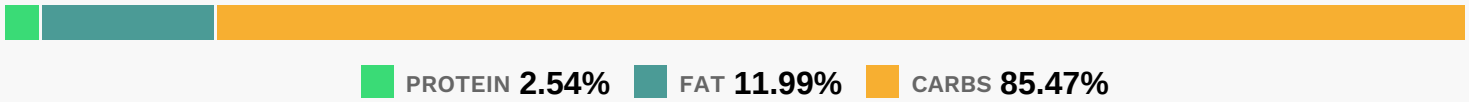
Equipment

- ☐ frying pan

Directions

- ☐ Drain pineapple chunks, reserving 1/4 cup juice. Set drained pineapple and juice aside.
- ☐ Melt margarine in a large nonstick skillet over medium heat; add pineapple chunks, reserved juice, brown sugar, rum, and cinnamon. Bring to a boil; reduce heat, and simmer 5 minutes, stirring frequently.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.4208695574299%

Nutrients (% of daily need)

Calories: 151.56kcal (7.58%), Fat: 2.09g (3.21%), Saturated Fat: 0.41g (2.53%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 30.94g (11.25%), Sugar: 30.83g (34.26%), Cholesterol: 0mg (0%), Sodium: 25.06mg (1.09%), Alcohol: 0.83g (100%), Alcohol %: 0.53% (100%), Protein: 1g (1.99%), Vitamin C: 17.78mg (21.55%), Vitamin B1: 0.19mg (12.88%), Copper: 0.21mg (10.26%), Fiber: 2.55g (10.18%), Magnesium: 28.88mg (7.22%), Vitamin B6: 0.14mg (7.19%), Potassium: 241.42mg (6.9%), Calcium: 35.93mg (3.59%), Vitamin A: 178.45IU (3.57%), Iron: 0.57mg (3.18%), Vitamin B3: 0.54mg (2.72%), Vitamin B2: 0.04mg (2.4%), Folate: 9.52µg (2.38%), Manganese: 0.03mg (1.61%), Phosphorus: 14.13mg (1.41%), Vitamin K: 1.38µg (1.31%), Zinc: 0.19mg (1.29%), Selenium: 0.81µg (1.16%)