



## Sauteed Pineapple with Honey and Pine Nuts

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



1

CALORIES



618 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon butter
- 2 tablespoons honey
- 2 tablespoons mascarpone cheese
- 2 tablespoons pinenuts toasted
- 1 cup pineapple fresh canned cubed
- 1 teaspoon rum

### Equipment

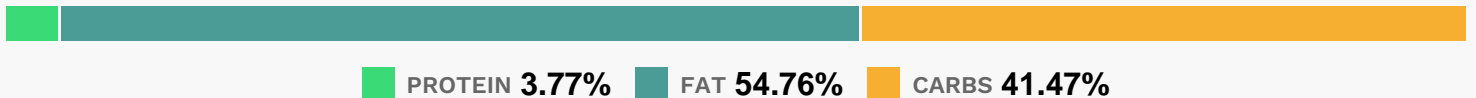
- bowl

- frying pan
- paper towels
- sieve

## Directions

- Watch how to make this recipe.
- Drain the pineapple cubes in a strainer.
- Lay the pineapple cubes on a paper towel and pat dry.
- Put the butter in a medium saute pan over medium heat. Make brown butter by heating the butter until melted and just starting to brown around the edges.
- Add the pineapple and toss to coat in the butter.
- Add the honey and toss to coat the pineapple with the honey. Cook until the pineapple is golden, about 5 to 7 minutes. Turn off the heat and stir in the pine nuts.
- In a small bowl mix together the rum and the mascarpone.
- Place the pineapple mixture in a serving dish and top it with a dollop of the cheese mixture.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:117.27, Glycemic Load:18.05, Inflammation Score:-7, Nutrition Score:13.4908696426%

## Nutrients (% of daily need)

Calories: 617.81kcal (30.89%), Fat: 38.73g (59.59%), Saturated Fat: 16.59g (103.69%), Carbohydrates: 66g (22%), Net Carbohydrates: 62.82g (22.84%), Sugar: 61.02g (67.8%), Cholesterol: 60.1mg (20.03%), Sodium: 110.46mg (4.8%), Alcohol: 1.67g (100%), Alcohol %: 0.72% (100%), Protein: 6.01g (12.02%), Manganese: 1.79mg (89.75%), Copper: 0.47mg (23.69%), Vitamin C: 17.38mg (21.07%), Magnesium: 78.47mg (19.62%), Vitamin A: 866.16IU (17.32%), Vitamin B1: 0.26mg (17.23%), Vitamin E: 2.23mg (14.85%), Phosphorus: 132.91mg (13.29%), Fiber: 3.18g (12.71%), Vitamin K: 13.03µg (12.41%), Potassium: 369.14mg (10.55%), Zinc: 1.58mg (10.52%), Iron: 1.79mg (9.97%), Vitamin B6: 0.17mg (8.26%), Calcium: 80.04mg (8%), Vitamin B3: 1.45mg (7.25%), Vitamin B2: 0.1mg (6.14%), Folate: 17.11µg (4.28%), Selenium: 1.34µg (1.91%), Vitamin B5: 0.11mg (1.07%)