



Tequila and Lime Baked Pineapple



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



4

CALORIES



222 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons juice of lime fresh
- ☐ 3 lb pineapple (labeled "extra sweet")
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons tequila (preferably reposado or añejo)

Equipment

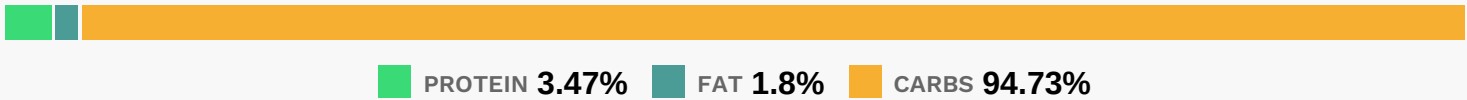
- ☐ oven
- ☐ knife
- ☐ baking pan

- ☐ wax paper
- ☐ skewers

Directions

- ☐ Stir together tequila, lime juice, and sugar until sugar is dissolved.
- ☐ Peel pineapple with a large sharp knife, keeping crown of leaves attached. Trim bottom.
- ☐ Cut along each side of diagonal row of eyes that spirals down pineapple, forming a V-shaped channel.
- ☐ Cut out channel and eyes and repeat procedure with remaining rows of eyes.
- ☐ Preheat oven to 425°F.
- ☐ Lay pineapple on its side, then, beginning at base and moving upward, carefully cut pineapple lengthwise in half through leaves, keeping leaves attached.
- ☐ Cut out core from each half and pull out some of long innermost leaves so no leaves are longer than about 7 inches.
- ☐ Arrange pineapple halves, flat sides down, in a glass or ceramic 13- by 9-inch baking dish, then pierce all over and all the way through with a skewer.
- ☐ Stir tequila mixture and spoon over pineapple.
- ☐ Lay a sheet of wax paper over pineapple and bake in middle of oven, basting with juices every 10 minutes, until pineapple is tender and slightly caramelized, about 50 minutes. Halve pineapple halves lengthwise and serve with any juices remaining in baking dish.
- ☐ • Pineapple can be baked 3 hours ahead. Reheat, covered with wax paper, in a 350°F oven until heated through, 15 to 20 minutes.
- ☐ Each serving about 138 calories and less than 1 gram fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:27.54, Inflammation Score:-7, Nutrition Score:15.595217380835%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 222kcal (11.1%), Fat: 0.44g (0.67%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 46.68g (16.97%), Sugar: 39.69g (44.1%), Cholesterol: 0mg (0%), Sodium: 3.8mg (0.17%), Alcohol: 3.76g (100%), Alcohol %: 1.29% (100%), Protein: 1.88g (3.77%), Vitamin C: 165.99mg (201.2%), Manganese: 3.16mg (157.89%), Vitamin B6: 0.39mg (19.27%), Fiber: 4.81g (19.23%), Copper: 0.38mg (19%), Vitamin B1: 0.27mg (18.15%), Folate: 62.36µg (15.59%), Potassium: 384.32mg (10.98%), Magnesium: 41.72mg (10.43%), Vitamin B3: 1.72mg (8.59%), Vitamin B5: 0.74mg (7.38%), Vitamin B2: 0.11mg (6.6%), Iron: 1mg (5.58%), Calcium: 45.86mg (4.59%), Vitamin A: 202.94IU (4.06%), Phosphorus: 29.24mg (2.92%), Zinc: 0.42mg (2.82%), Vitamin K: 2.45µg (2.33%)