

# Grilled Pineapple

## Ingredients:

- 2 tablespoons honey
- 1 tablespoons olive oil
- 1 tablespoons fresh lime juice
- 1 teaspoon ground cinnamon
- 1 firm, ripe pineapple
- 8 wooden skewers, soaked in water for 30 minutes

## Directions:

1. Prepare hot fire or charcoal grill. Position the cooking rack 4–6 inches from the heat source.
2. For marinade, combine the honey, olive oil, lime juice, and cinnamon in a small bowl, and whisk to blend. Set aside.
3. Cut off the crown of leaves and the base of the pineapple. Cut pineapple into 8 slices.
4. Lightly brush pineapple with the marinade. Grill or broil, turning once, basting once or twice with the remaining marinade, until tender and golden, about 5 minutes on each side.
5. Remove the pineapple from the skewers, place on a platter and serve hot or warm.

## Nutrition Facts

Serving Size (122g)  
Servings Per Container 8

Amount Per Serving

**Calories 90**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 20g**      **7%**

Dietary Fiber 2g      **8%**

Sugars 15g

**Protein 1g**

Vitamin A 2%      • Vitamin C 90%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: Mayo Clinic

