

Grilled Brown Sugar Pineapple

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Servings: 4

*1/4 cup light brown sugar
1 teaspoon ground cinnamon
1 ripe pineapple, peeled, cored and cut
into one-inch-thick slices
2 tablespoons butter, melted
1 1/2 cups nonfat vanilla yogurt*

Prepare the grill.

Combine the sugar and cinnamon.

Coat the pineapple slices with melted butter and dip into the sugar-cinnamon mixture.

Grill the pineapple for 2-1/2 minutes. Flip the pineapple and cook for 4 to 6 minutes, until tender.

Serve the grilled pineapple with yogurt. Sprinkle with the remaining brown sugar and cinnamon.

Per Serving (excluding unknown items): 164 Calories; 6g Fat (31.7% calories from fat); 4g Protein; 24g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 1 Fat; 1 1/2 Other Carbohydrates.

Grilled, Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	164	Vitamin B6 (mg):	trace
% Calories from Fat:	31.7%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	57.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	6g	Folacin (mcg):	10mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	17mg	% Daily Value:	0 0%
Carbohydrate (g):	24g		
	trace		

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 4g
Sodium (mg): 121mg
Potassium (mg): 230mg
Calcium (mg): 168mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 223IU
Vitamin A (r.e.): 55 1/2RE

Grain (Starch):
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 164 Calories from Fat: 52

% Daily Values*

Total Fat	6g	9%
Saturated Fat	4g	18%
Cholesterol	17mg	6%
Sodium	121mg	5%
Total Carbohydrates	24g	8%
Dietary Fiber	trace	1%
Protein	4g	

Vitamin A	4%
Vitamin C	1%
Calcium	17%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.