



Grilled Pineapple

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

1 whole pineapple

Directions

1. Preheat grill to roughly 400 F.
2. Wash fruit, cut off top. Use a pineapple corer/slicer to remove the outer skin and slice the pineapple.
3. Place slices on preheated grill. Close lid and grill, undisturbed for 6 to 8 minutes. Turn slices, close lid and grill again, undisturbed, for another 6 to 8 minutes, or until slices are tender.

Enjoy as is or top with your favorite topping.

Nutrition Facts

Serving size: 1 pineapple slice
Servings per recipe: 10

Amount per serving:

Calories 45

Calories from fat 0

Total Fat 0g

Trans Fat 0g

Sodium 1mg

Total Carbohydrates 12g

Dietary Fiber 1g

Protein 0g

Nutrition analysis using MyFitnessPal.com



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