

Pineapple

Nutritional Facts

One cup (165 grams) of pineapple chunks contains:

- **Calories: 82.5**
- **Fat: 1.7 grams**
- **Protein: 1 gram**
- **Carbs: 21.6 grams**
- **Fiber: 2.3 grams**
- **Vitamin C: 131% of the RDI**
- **Manganese: 76% of the RDI**
- **Vitamin B6: 9% of the RDI**
- **Copper: 9% of the RDI**
- **Thiamin: 9% of the RDI**
- **Folate: 7% of the RDI**

Pineapples are low in calories but have an incredibly impressive nutrient profile. They are packed with Vitamin C, which is essential for growth and development, a healthy immune system and aiding the absorption of iron from the diet.

Pineapple goes well with:

ham, seafood, cherries, chicken, duck, pork, cottage cheese, rice, tomatoes, orange, lime, coleslaw, coconut, yogurt, cream, tofu.



How to use Pineapple Skin:

Pineapple Water

1. As simple as it sounds, pineapple water is a mighty, easy way to reap pineapple peels' benefits. Start by placing the outer skins (not the fruit) in a medium saucepan, & add 2 to 3 cinnamon sticks (optional).
2. Let it simmer on low heat for 25 to 35 minutes.
3. Turn the heat off and let this concoction steep for another 30 minutes before straining the peels out.
4. You can serve this peel-infused water hot or cold and sweetened to taste. This pineapple peel agua makes for an excellent water-based flavoring substitute worth keeping around your kitchen.

From: <https://www.mindbodygreen.com/articles/pineapple-peel-uses-benefits>

Pineapple Salsa

- 1 cup diced pineapple
- 1 cup diced bell peppers (any color)
- 1 cup diced Roma tomatoes
- 1/3 cup chopped cilantro
- 1/4 cup minced red onion
- 4 tbsp lime juice, (about 2 limes)
- 1/4 tsp black pepper
- 1/8 tsp salt
- 1 tbsp diced jalapenos (optional)



1. In a small bowl, mix together diced pineapple, diced tomatoes, diced peppers, minced onions, chopped cilantro, lime juice, salt, and pepper.
2. Transfer the salsa to the pineapple bowl for serving. Store in the fridge.

Pineapple Coconut Baked Oatmeal



- 2 cups old fashioned oats
- 1/3 cup brown sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs, slightly beaten
- 1/3 cup melted butter
- 1/3 cup vanilla Greek yogurt
- 2/3 cup milk
- 1/2 teaspoon vanilla
- 1 cup diced pineapple,
- 1/2 cup unsweetened coconut flakes

1. Preheat oven to 350.
2. Combine oats, brown sugar, salt and baking powder. Beat eggs, butter, yogurt, milk, and vanilla together using a whisk or fork. Stir wet ingredients into the dry until well combined. Add in pineapple and coconut.
3. Pour into greased 8x8 baking dish. Bake at 350 for 35 minutes. Remove from oven and let cool 5-10 minutes before serving.

From: www.chasingvibrance.com/pineapple-coconut-baked-oatmeal/ &
<https://www.thegunnysack.com/pineapple-salsa-recipe/>