

Baked Pineapple

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

Ingredients

- 5 slices bread crumbs fresh
- 0.3 pound butter softened
- 20 ounce pineapple canned
- 4 eggs beaten
- 1 cup sugar white

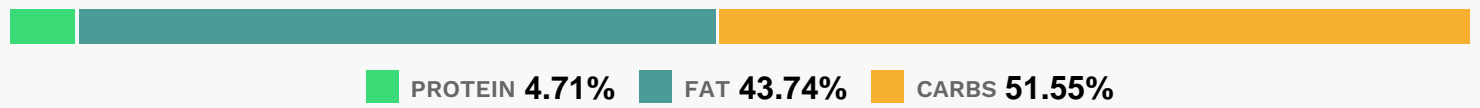
Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl cream sugar and butter.
- Mix in eggs.
- Drain and add pineapple, then mix in the bread crumbs.
- Transfer mixture to a 10 inch pie plate.
- Bake for 45 to 60 minutes, or until browned, in preheated oven.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:17.46, Inflammation Score:-3, Nutrition Score:4.2547826145006%

Nutrients (% of daily need)

Calories: 274.34kcal (13.72%), Fat: 13.78g (21.2%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 35.6g (12.94%), Sugar: 35.19g (39.09%), Cholesterol: 112.32mg (37.44%), Sodium: 127.92mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Selenium: 7.49µg (10.7%), Vitamin A: 508.46IU (10.17%), Vitamin C: 6.66mg (8.08%), Vitamin B2: 0.13mg (7.5%), Vitamin B1: 0.09mg (5.86%), Phosphorus: 52.95mg (5.3%), Copper: 0.09mg (4.75%), Vitamin B6: 0.09mg (4.59%), Vitamin E: 0.57mg (3.83%), Fiber: 0.95g (3.8%), Folate: 14.98µg (3.74%), Vitamin B12: 0.22µg (3.7%), Vitamin B5: 0.36mg (3.56%), Potassium: 123.37mg (3.52%), Iron: 0.63mg (3.49%), Magnesium: 13.82mg (3.46%), Vitamin D: 0.44µg (2.93%), Calcium: 28.46mg (2.85%), Zinc: 0.38mg (2.53%), Vitamin K: 1.6µg (1.52%), Vitamin B3: 0.27mg (1.33%)