

Baked Pineapple

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 25 buttery round crackers crumbled
- ☐ 3 tablespoons flour all-purpose
- ☐ 20 ounce pineapple chunks unsweetened canned
- ☐ 5 ounces cheddar cheese shredded
- ☐ 3 tablespoons sugar white

Equipment

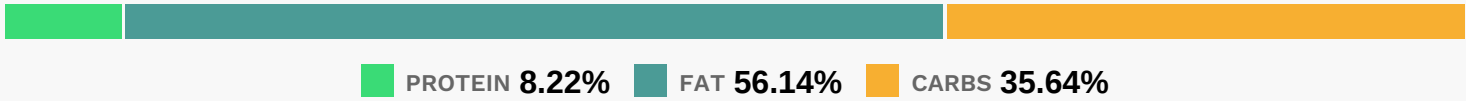
- ☐ oven

☐ baking pan

Directions

- ☐ Drain pineapple, reserving 3 tablespoons juice.
- ☐ Combine pineapple, reserved juice, sugar, butter or margarine, flour, and cheese.
- ☐ Mix well. Spoon mixture into a buttered 1 1/2 quart baking dish; top with cracker crumbs.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 minutes, or until bubbly.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:6.42, Inflammation Score:-5, Nutrition Score:7.642174023649%

Nutrients (% of daily need)

Calories: 351.72kcal (17.59%), Fat: 22.45g (34.53%), Saturated Fat: 12.43g (77.67%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 30.45g (11.07%), Sugar: 20.58g (22.86%), Cholesterol: 53.72mg (17.91%), Sodium: 355.85mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.79%), Calcium: 205.38mg (20.54%), Phosphorus: 156.35mg (15.64%), Selenium: 9.09µg (12.98%), Vitamin A: 633.83IU (12.68%), Vitamin B1: 0.19mg (12.58%), Vitamin C: 8.88mg (10.77%), Vitamin B2: 0.18mg (10.68%), Vitamin K: 8.47µg (8.07%), Zinc: 1.08mg (7.18%), Copper: 0.13mg (6.51%), Folate: 25.97µg (6.49%), Fiber: 1.62g (6.47%), Vitamin E: 0.96mg (6.4%), Magnesium: 24.03mg (6.01%), Iron: 1.04mg (5.78%), Vitamin B3: 1.12mg (5.59%), Vitamin B6: 0.1mg (4.84%), Manganese: 0.1mg (4.78%), Vitamin B12: 0.27µg (4.57%), Potassium: 157.74mg (4.51%), Vitamin B5: 0.18mg (1.76%)