



Baked Pineapple

READY IN



15 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 38 round buttery crackers crushed (1 sleeve)
- ☐ 1 tablespoon flour all-purpose
- ☐ 40 ounce pineapple chunks canned

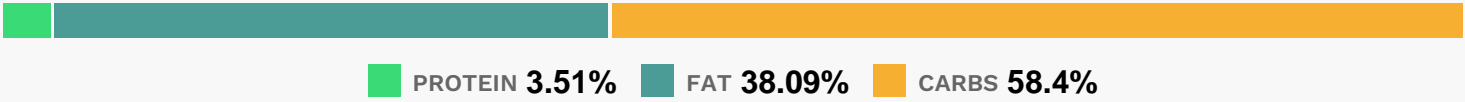
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Drain pineapple chunks, reserving 1/2 cup syrup.
- ☐ Sprinkle flour over pineapple chunks in a medium bowl, and toss to combine.
- ☐ Spread pineapple mixture evenly into a lightly greased 8-inch-square baking dish.
- ☐ Drizzle with reserved 1/2 cup syrup. Top evenly with cheese and cracker crumbs; drizzle with butter.
- ☐ Bake at 350 for 25 to 30 minutes or until browned.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Ritz crackers.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:7.1160868833894%

Nutrients (% of daily need)

Calories: 279.24kcal (13.96%), Fat: 12.3g (18.92%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 39.51g (14.37%), Sugar: 28.51g (31.67%), Cholesterol: 20.34mg (6.78%), Sodium: 230.31mg (10.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Vitamin C: 17.77mg (21.53%), Vitamin B1: 0.29mg (19.14%), Fiber: 2.93g (11.71%), Copper: 0.23mg (11.38%), Vitamin K: 11.49µg (10.94%), Magnesium: 32.42mg (8.11%), Iron: 1.44mg (7.99%), Vitamin B3: 1.54mg (7.71%), Vitamin B6: 0.15mg (7.7%), Potassium: 260.57mg (7.44%), Phosphorus: 68.72mg (6.87%), Vitamin A: 330.86IU (6.62%), Folate: 25.7µg (6.43%), Calcium: 61.96mg (6.2%), Vitamin E: 0.92mg (6.14%), Vitamin B2: 0.1mg (5.85%), Manganese: 0.11mg (5.56%), Selenium: 2.15µg (3.07%), Zinc: 0.32mg (2.15%)