

Baked Pineapple II

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



701 kcal

SIDE DISH

Ingredients

- ☐ 4 cups unseasoned bread cubes soft
- ☐ 0.5 cup butter
- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 3 eggs beaten
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup sugar white

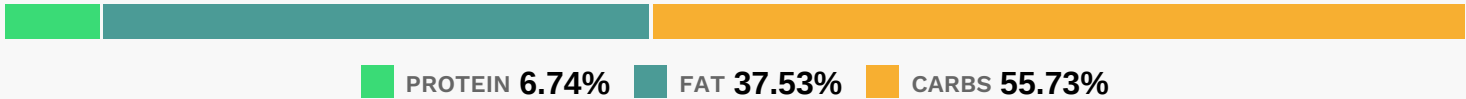
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a mixing bowl, cream together butter and sugar.
- ☐ Add eggs, milk, pineapple and juice, bread cubes, and vanilla.
- ☐ Mix together.
- ☐ Bake in a 2 quart casserole dish for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:49.75, Inflammation Score:-6, Nutrition Score:15.646087003791%

Nutrients (% of daily need)

Calories: 700.65kcal (35.03%), Fat: 29.98g (46.12%), Saturated Fat: 16.59g (103.67%), Carbohydrates: 100.17g (33.39%), Net Carbohydrates: 96.08g (34.94%), Sugar: 74.96g (83.29%), Cholesterol: 187.43mg (62.48%), Sodium: 507.72mg (22.07%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 12.11g (24.23%), Selenium: 27.99µg (39.98%), Manganese: 0.68mg (34.03%), Vitamin B1: 0.41mg (27.1%), Vitamin B2: 0.38mg (22.54%), Vitamin A: 1008.7IU (20.17%), Phosphorus: 185.13mg (18.51%), Vitamin B3: 3.6mg (18.01%), Folate: 71.05µg (17.76%), Iron: 3.02mg (16.79%), Fiber: 4.08g (16.33%), Vitamin C: 13.44mg (16.29%), Calcium: 156.01mg (15.6%), Magnesium: 52.44mg (13.11%), Copper: 0.26mg (13.11%), Vitamin B6: 0.24mg (12.2%), Vitamin B5: 1.11mg (11.1%), Potassium: 354.2mg (10.12%), Zinc: 1.31mg (8.7%), Vitamin B12: 0.51µg (8.44%), Vitamin E: 1.15mg (7.7%), Vitamin D: 1µg (6.64%), Vitamin K: 5.91µg (5.63%)