



Candied Pineapple And Cherries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



3826 kcal

SIDE DISH

Ingredients

- 40 ounce pineapple undrained sliced canned
- 0.5 cup plus light
- 24 ounce maraschino cherries drained
- 2 cups sugar

Equipment

- dutch oven

Directions

- Drain pineapple, reserving 1 2/3 cups pineapple juice.
- Combine pineapple juice, sugar, and syrup in a large Dutch oven. Bring to a boil, stirring constantly. Cook over medium heat, without stirring, until mixture reaches soft ball stage (234).
- Add reserved pineapple slices; return syrup mixture to a boil. Reduce heat; simmer 20 minutes or until pineapple is translucent. Carefully remove pineapple with a fork, and drain on wire racks.
- Add cherries to syrup, and return to a boil. Reduce heat; simmer 20 minutes, stirring occasionally.
- Remove cherries, and drain on wire racks.
- Let fruit dry on racks 24 hours. Store in airtight containers, or freeze.

Nutrition Facts

PROTEIN 0.72% FAT 0.96% CARBS 98.32%

Properties

Glycemic Index:89.09, Glycemic Load:304.12, Inflammation Score:-8, Nutrition Score:32.997826006102%

Nutrients (% of daily need)

Calories: 3825.54kcal (191.28%), Fat: 4.3g (6.61%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 991.55g (330.52%), Net Carbohydrates: 955.04g (347.29%), Sugar: 955.84g (1062.04%), Cholesterol: 0mg (0%), Sodium: 148.27mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Fiber: 36.51g (146.06%), Vitamin C: 106.59mg (129.21%), Copper: 2.21mg (110.72%), Vitamin B1: 1.26mg (83.82%), Calcium: 575.01mg (57.5%), Magnesium: 199.02mg (49.75%), Potassium: 1558.72mg (44.53%), Vitamin B6: 0.88mg (44.23%), Iron: 6.3mg (35%), Zinc: 3.69mg (24.62%), Vitamin B2: 0.31mg (18.48%), Vitamin A: 873.17IU (17.46%), Vitamin K: 18.14µg (17.28%), Vitamin B3: 3.25mg (16.24%), Folate: 56.7µg (14.17%), Selenium: 9.49µg (13.56%), Phosphorus: 99.79mg (9.98%), Manganese: 0.1mg (4.88%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.37mg (3.67%)