



Pineapple Casserole

READY IN



35 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 tablespoons butter melted for greasing pan (1 stick)
- 1 cup cracker crumbs (recommended: Ritz)
- 6 tablespoons flour all-purpose
- 40 ounce pineapple chunks drained canned
- 2 cups sharp cheddar cheese grated
- 1 cup sugar

Equipment

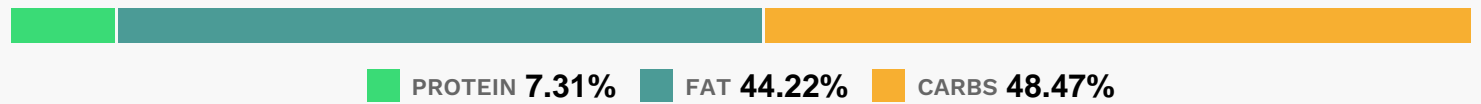
- bowl

- oven
- casserole dish
- spatula

Directions

- Preheat the oven to 350 degrees F.
- Grease a medium-size casserole dish with butter.
- In a large bowl, stir together the sugar and flour. Gradually stir in the cheese.
- Add the drained pineapple chunks, and stir until ingredients are well combined.
- Pour the mixture into the prepared casserole dish.
- In another medium bowl, combine the cracker crumbs, melted butter, and reserved pineapple juice, stirring with a rubber spatula until evenly blended.
- Spread crumb mixture on top of pineapple mixture.
- Bake for 25 to 30 minutes, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:20.75, Inflammation Score:-5, Nutrition Score:8.8934782795284%

Nutrients (% of daily need)

Calories: 454.31kcal (22.72%), Fat: 22.99g (35.37%), Saturated Fat: 13.05g (81.56%), Carbohydrates: 56.71g (18.9%), Net Carbohydrates: 54.54g (19.83%), Sugar: 45.89g (50.99%), Cholesterol: 58.35mg (19.45%), Sodium: 342.7mg (14.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.09%), Calcium: 238.41mg (23.84%), Phosphorus: 169.22mg (16.92%), Vitamin C: 13.32mg (16.15%), Selenium: 11.1µg (15.86%), Vitamin B1: 0.23mg (15.39%), Vitamin A: 703.8IU (14.08%), Vitamin B2: 0.21mg (12.44%), Copper: 0.18mg (9.01%), Fiber: 2.17g (8.67%), Zinc: 1.28mg (8.52%), Magnesium: 31.83mg (7.96%), Folate: 29.13µg (7.28%), Vitamin B6: 0.13mg (6.66%), Potassium: 216.32mg (6.18%), Vitamin K: 6.42µg (6.11%), Iron: 1.05mg (5.85%), Vitamin B3: 1.12mg (5.61%), Vitamin E: 0.83mg (5.53%), Vitamin B12: 0.32µg (5.39%), Manganese: 0.08mg (4.13%), Vitamin B5: 0.18mg (1.84%), Vitamin D: 0.17µg (1.13%)