



Pineapple Casserole II

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 pound butter melted
- 25 buttery round crackers crumbled
- 3 tablespoons flour all-purpose
- 40 2 (20 ounce) cans pineapple chunks canned
- 2 cups cheddar cheese shredded
- 1 cup sugar white

Equipment

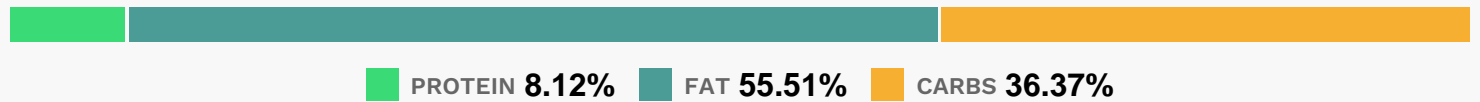
- oven

- mixing bowl
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter or grease one 2 quart casserole dish.
- In a mixing bowl, blend together 4 tablespoons reserved pineapple juice, sugar, flour and butter.
- Add pineapple and cheese; mix well and pour into casserole dish.
- Bake for 20 minutes.
- Reduce oven temperature to 300 degrees F (150 degrees C), sprinkle top with cracker crumbs and bake for 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:19.2, Inflammation Score:-4, Nutrition Score:5.74652172949%

Nutrients (% of daily need)

Calories: 372.51kcal (18.63%), Fat: 23.39g (35.98%), Saturated Fat: 13.23g (82.66%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 34.12g (12.41%), Sugar: 26.54g (29.48%), Cholesterol: 58.73mg (19.58%), Sodium: 358.94mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Calcium: 219.04mg (21.9%), Phosphorus: 161.77mg (16.18%), Selenium: 9.69µg (13.84%), Vitamin A: 639.79IU (12.8%), Vitamin B2: 0.17mg (10.23%), Zinc: 1.13mg (7.56%), Vitamin K: 6.4µg (6.1%), Vitamin E: 0.87mg (5.8%), Vitamin B12: 0.32µg (5.39%), Vitamin B1: 0.08mg (5.17%), Folate: 18.5µg (4.63%), Manganese: 0.07mg (3.68%), Iron: 0.62mg (3.47%), Vitamin B3: 0.66mg (3.29%), Magnesium: 11.06mg (2.77%), Vitamin B5: 0.18mg (1.79%), Copper: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.53%), Fiber: 0.36g (1.43%), Potassium: 46.02mg (1.31%), Vitamin D: 0.17µg (1.13%)