

## Pineapple Cheese Casserole

READY IN



40 min.

SERVINGS



12

CALORIES



352 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup butter sliced
- 30 buttery round crackers crushed
- 8 tablespoons flour all-purpose
- 45 ounce pineapple chunks canned
- 8 tablespoons pineapple juice
- 2.5 cups cheddar cheese shredded
- 1 cup sugar white

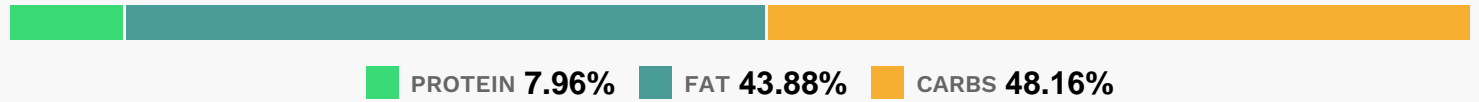
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine pineapple chunks, cheese, pineapple juice, flour and sugar. Spoon into a 9x13 inch baking dish. Top with crushed crackers and butter slices.
- Bake in preheated oven for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.34, Glycemic Load:15.14, Inflammation Score:-4, Nutrition Score:7.5678261388903%

## Nutrients (% of daily need)

Calories: 352.22kcal (17.61%), Fat: 17.65g (27.15%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 41.88g (15.23%), Sugar: 33.5g (37.22%), Cholesterol: 43.88mg (14.63%), Sodium: 282.46mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.41%), Calcium: 199.49mg (19.95%), Phosphorus: 144.21mg (14.42%), Vitamin C: 10.99mg (13.33%), Selenium: 9.33µg (13.33%), Vitamin B1: 0.19mg (12.93%), Vitamin B2: 0.18mg (10.54%), Vitamin A: 525.91IU (10.52%), Copper: 0.15mg (7.3%), Zinc: 1.07mg (7.15%), Fiber: 1.71g (6.84%), Folate: 26.89µg (6.72%), Magnesium: 26.22mg (6.55%), Manganese: 0.13mg (6.4%), Vitamin B6: 0.11mg (5.65%), Vitamin K: 5.77µg (5.49%), Iron: 0.94mg (5.24%), Potassium: 179.83mg (5.14%), Vitamin B3: 1mg (5%), Vitamin E: 0.68mg (4.56%), Vitamin B12: 0.27µg (4.43%), Vitamin B5: 0.16mg (1.63%)