

Pineapple Coconut Squares

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon butter melted
- 2 cups coconut flakes flaked
- 1 eggs
- 2 eggs
- 1 cup flour all-purpose
- 16 ounces pineapple unsweetened crushed drained canned
- 1 cup sugar

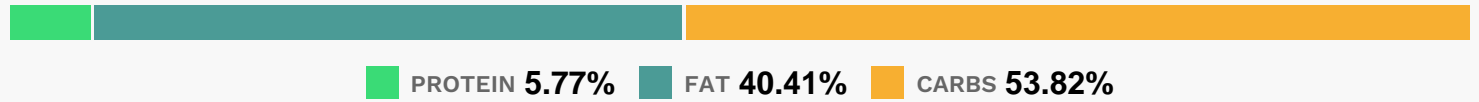
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a large bowl, beat butter and sugar. Beat in egg.
- Combine flour and baking powder; stir into egg mixture. Press into a 9-in. square baking dish coated with cooking spray.
- Spread pineapple over crust; set aside.
- For topping, in a small bowl, beat butter and sugar until blended. Beat in eggs. Stir in coconut.
- Spread over pineapple.
- Bake at 325° for 35–40 minutes or until golden brown. Cool on a wire rack before cutting.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:13.1, Inflammation Score:-1, Nutrition Score:4.4686955965084%

Nutrients (% of daily need)

Calories: 181.9kcal (9.1%), Fat: 8.5g (13.07%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 25.46g (8.49%), Net Carbohydrates: 23.15g (8.42%), Sugar: 17.35g (19.28%), Cholesterol: 32.57mg (10.86%), Sodium: 48.34mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Manganese: 0.35mg (17.39%), Selenium: 7.34µg (10.49%), Fiber: 2.31g (9.25%), Vitamin B1: 0.1mg (6.66%), Copper: 0.13mg (6.65%), Vitamin B2: 0.1mg (5.62%), Phosphorus: 54.33mg (5.43%), Iron: 0.97mg (5.41%), Folate: 20.57µg (5.14%), Magnesium: 16.61mg (4.15%), Vitamin B6: 0.07mg (3.53%), Vitamin C: 2.82mg (3.42%), Potassium: 113.1mg (3.23%), Vitamin B3: 0.61mg (3.06%), Calcium: 28.12mg (2.81%), Zinc: 0.41mg (2.7%), Vitamin B5: 0.25mg (2.47%), Vitamin A: 80.59IU (1.61%), Vitamin B12: 0.07µg (1.25%), Vitamin D: 0.17µg (1.1%), Vitamin E: 0.16mg (1.09%)