

Pineapple Crisp

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter melted
- ☐ 40 ounce pineapple crushed drained canned
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt

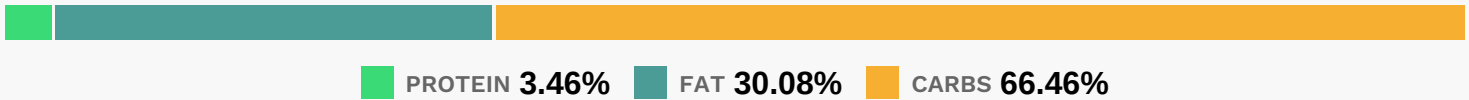
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread well-drained pineapple into a 9x9 inch square baking pan.
- ☐ In a medium bowl, mix together flour, sugar, baking powder, salt and egg until smooth. Spoon mixture evenly over pineapple.
- ☐ Pour melted butter over mixture and then sprinkle with cinnamon.
- ☐ Bake in preheated oven for 40 to 45 minutes.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:7.01, Inflammation Score:-4, Nutrition Score:5.6100000065306%

Nutrients (% of daily need)

Calories: 285.52kcal (14.28%), Fat: 9.87g (15.19%), Saturated Fat: 6g (37.5%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 47.16g (17.15%), Sugar: 37.57g (41.75%), Cholesterol: 40.77mg (13.59%), Sodium: 245.47mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin B1: 0.22mg (14.41%), Vitamin C: 10.67mg (12.93%), Selenium: 6.43µg (9.18%), Folate: 31.19µg (7.8%), Copper: 0.15mg (7.68%), Fiber: 1.92g (7.67%), Vitamin A: 364.69IU (7.29%), Calcium: 69.05mg (6.9%), Manganese: 0.14mg (6.79%), Iron: 1.19mg (6.64%), Vitamin B2: 0.11mg (6.45%), Magnesium: 22.73mg (5.68%), Potassium: 193.01mg (5.51%), Vitamin B3: 1.1mg (5.47%), Vitamin B6: 0.11mg (5.39%), Phosphorus: 42.65mg (4.26%), Vitamin E: 0.34mg (2.3%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.16mg (1.64%), Vitamin K: 1.7µg (1.62%)