



## Pineapple Fluff

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

### Ingredients

- 5 slices bread cut into cubes
- 0.5 cup butter melted
- 15 ounce pineapple crushed canned
- 2 eggs beaten
- 6 servings ground cinnamon
- 0.5 cup milk
- 1 teaspoon vanilla extract
- 1 cup sugar white

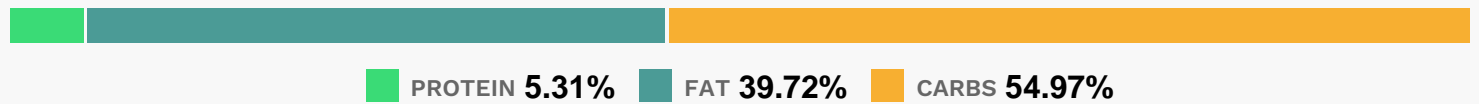
## Equipment

- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix pineapple, sugar, eggs, milk, bread, and vanilla extract together in a casserole dish.
- Pour melted butter over the pineapple mixture.
- Sprinkle cinnamon over the top.
- Bake in preheated oven until set in the middle, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:36.96, Glycemic Load:29.62, Inflammation Score:-4, Nutrition Score:8.6047825916954%

## Nutrients (% of daily need)

Calories: 410.46kcal (20.52%), Fat: 18.65g (28.7%), Saturated Fat: 10.74g (67.1%), Carbohydrates: 58.07g (19.36%), Net Carbohydrates: 55.16g (20.06%), Sugar: 45.88g (50.98%), Cholesterol: 97.67mg (32.56%), Sodium: 261.86mg (11.39%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 5.61g (11.23%), Manganese: 0.64mg (31.76%), Selenium: 12.34µg (17.63%), Vitamin A: 626.67IU (12.53%), Vitamin B1: 0.19mg (12.46%), Fiber: 2.92g (11.67%), Vitamin B2: 0.18mg (10.76%), Calcium: 98.72mg (9.87%), Phosphorus: 90.5mg (9.05%), Iron: 1.48mg (8.24%), Vitamin C: 6.78mg (8.22%), Vitamin B3: 1.58mg (7.88%), Folate: 30.96µg (7.74%), Copper: 0.13mg (6.54%), Magnesium: 26.06mg (6.51%), Vitamin B6: 0.12mg (6.01%), Potassium: 186.34mg (5.32%), Vitamin B5: 0.52mg (5.2%), Vitamin E: 0.71mg (4.72%), Vitamin B12: 0.27µg (4.54%), Zinc: 0.64mg (4.29%), Vitamin K: 3.69µg (3.52%), Vitamin D: 0.52µg (3.45%)