

Pineapple Rice Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons butter
- 8 ounces pineapple crushed undrained canned
- 1 pinch salt
- 0.5 cup cheddar cheese shredded
- 1 cup rice white uncooked minute®

Equipment

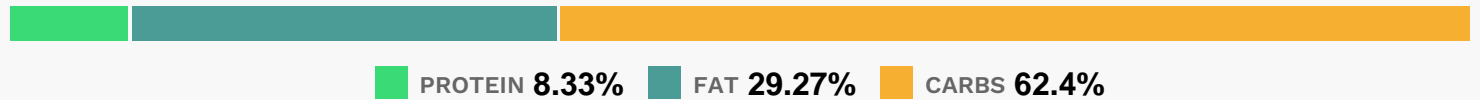
- oven

baking pan

Directions

- Prepare rice according to package directions. Stir in butter.
- Add the pineapple, brown sugar and salt; spoon into a greased shallow 1-qt. baking dish.
- Sprinkle with cheese.
- Bake, uncovered, at 375° for 15–20 minutes or until heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:22.35, Inflammation Score:-3, Nutrition Score:6.6395651698112%

Nutrients (% of daily need)

Calories: 333.45kcal (16.67%), Fat: 10.85g (16.69%), Saturated Fat: 6.4g (39.99%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 50.7g (18.43%), Sugar: 14.01g (15.57%), Cholesterol: 29.17mg (9.73%), Sodium: 151.64mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Manganese: 0.51mg (25.42%), Selenium: 11.35µg (16.21%), Calcium: 128.55mg (12.86%), Phosphorus: 123.77mg (12.38%), Copper: 0.17mg (8.5%), Zinc: 1.09mg (7.25%), Vitamin A: 344.81IU (6.9%), Vitamin B6: 0.13mg (6.54%), Vitamin C: 5.33mg (6.46%), Vitamin B1: 0.09mg (6.31%), Magnesium: 24.56mg (6.14%), Vitamin B2: 0.1mg (5.84%), Vitamin B5: 0.54mg (5.43%), Fiber: 1.34g (5.35%), Vitamin B3: 0.92mg (4.59%), Potassium: 144.03mg (4.12%), Iron: 0.6mg (3.31%), Vitamin B12: 0.16µg (2.69%), Folate: 9.77µg (2.44%), Vitamin E: 0.33mg (2.2%), Vitamin K: 1.27µg (1.21%)