



WHATSheATE

Pineapple Stuffing



Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



503 kcal

SIDE DISH

Ingredients

- ☐ 20 ounce pineapple crushed drained canned
- ☐ 4 eggs
- ☐ 0.5 cup butter
- ☐ 5 slices bread white cubed
- ☐ 1 cup sugar white

Equipment

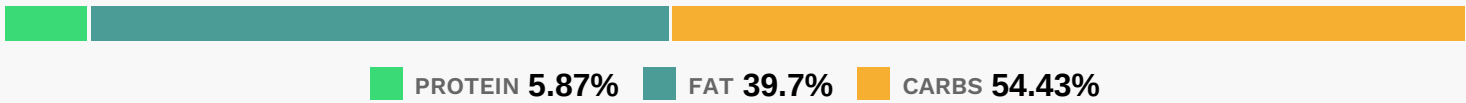
- ☐ oven
- ☐ mixing bowl

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch baking pan.
- ☐ In a mixing bowl, cream margarine and sugar. Beat in the eggs one at a time, then add the pineapple and bread cubes.
- ☐ Bake in a 350 degree oven for one hour.
- ☐ Let sit a few minutes to firm up before serving

Nutrition Facts



Properties

Glycemic Index:28.97, Glycemic Load:36.69, Inflammation Score:-6, Nutrition Score:9.610434713571%

Nutrients (% of daily need)

Calories: 503.09kcal (25.15%), Fat: 22.77g (35.03%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 70.24g (23.41%), Net Carbohydrates: 68.19g (24.8%), Sugar: 57.56g (63.95%), Cholesterol: 130.94mg (43.65%), Sodium: 384.83mg (16.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.15%), Selenium: 17.3µg (24.71%), Vitamin A: 1059.01IU (21.18%), Vitamin B1: 0.26mg (17.25%), Vitamin B2: 0.26mg (15.33%), Vitamin C: 10.7mg (12.98%), Folate: 50.19µg (12.55%), Phosphorus: 111.1mg (11.11%), Iron: 1.79mg (9.96%), Calcium: 97.82mg (9.78%), Copper: 0.18mg (9.02%), Vitamin B6: 0.17mg (8.5%), Fiber: 2.05g (8.2%), Manganese: 0.16mg (7.97%), Vitamin B3: 1.54mg (7.72%), Vitamin E: 1.15mg (7.67%), Magnesium: 28.66mg (7.17%), Vitamin B5: 0.69mg (6.93%), Potassium: 228.77mg (6.54%), Vitamin B12: 0.34µg (5.6%), Zinc: 0.79mg (5.28%), Vitamin D: 0.7µg (4.69%)