



## Scalloped Pineapple

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



484 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 cups unseasoned bread cubes
- 0.5 pound butter melted
- 20 ounce pineapple with juice crushed canned
- 1 pinch ground cinnamon to taste
- 1 pinch ground nutmeg
- 8 servings salt and pepper to taste
- 1.7 cups sugar white

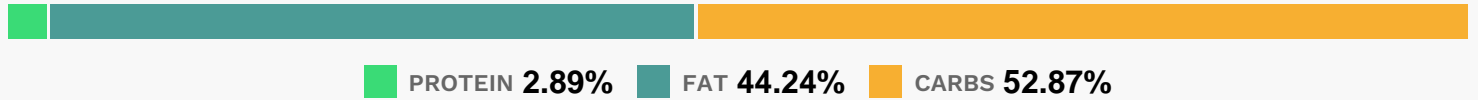
## Equipment

- bowl
- oven
- casserole dish
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x10 inch casserole dish.
- In a medium bowl combine butter, sugar, pineapple, salt, pepper, cinnamon and nutmeg; mix well.
- Place bread cubes in the bottom of the casserole dish and pour pineapple mixture on top.
- Bake in preheated oven for 45 minutes or until golden brown and set throughout. If the top browns too fast, before the center is set, cover the dish with aluminum foil until it sets.
- Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:31.72, Glycemic Load:36.27, Inflammation Score:-5, Nutrition Score:6.4156521740167%

## Nutrients (% of daily need)

Calories: 483.64kcal (24.18%), Fat: 24.52g (37.72%), Saturated Fat: 14.81g (92.53%), Carbohydrates: 65.93g (21.98%), Net Carbohydrates: 63.85g (23.22%), Sugar: 53.35g (59.28%), Cholesterol: 60.95mg (20.32%), Sodium: 509.67mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Manganese: 0.34mg (17.2%), Vitamin A: 744.65IU (14.89%), Selenium: 8.88µg (12.69%), Vitamin B1: 0.19mg (12.62%), Vitamin B3: 1.78mg (8.9%), Fiber: 2.08g (8.32%), Vitamin C: 6.72mg (8.15%), Folate: 28.29µg (7.07%), Iron: 1.24mg (6.89%), Copper: 0.12mg (6.09%), Vitamin B2: 0.1mg (6.06%), Magnesium: 22.93mg (5.73%), Calcium: 54.16mg (5.42%), Vitamin E: 0.73mg (4.84%), Phosphorus: 48.17mg (4.82%), Vitamin B6: 0.09mg (4.27%), Potassium: 135.59mg (3.87%), Vitamin K: 3.86µg (3.68%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.26mg (2.61%)