



Scalloped Pineapple

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups bread cubed
- 0.5 cup butter
- 15 ounce pineapple crushed drained canned
- 3 eggs separated
- 0.5 cup milk
- 1.5 cups sugar white

Equipment

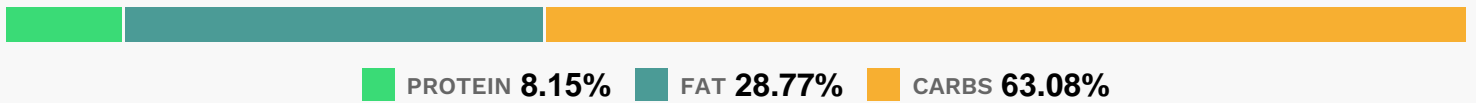
- bowl

- oven
- whisk
- mixing bowl
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Beat egg whites until foamy in a large glass or metal mixing bowl until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape.
- Beat the egg yolks, sugar, butter, and milk together in a large bowl. Stir in the pineapple and bread. Lightly fold egg whites into the pineapple mixture, then spread the mixture into a large baking dish.
- Bake in the preheated oven until golden brown, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:32.73, Inflammation Score:-4, Nutrition Score:10.086521781009%

Nutrients (% of daily need)

Calories: 367.98kcal (18.4%), Fat: 11.99g (18.44%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 56.32g (20.48%), Sugar: 33.91g (37.68%), Cholesterol: 70.16mg (23.39%), Sodium: 347.21mg (15.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Manganese: 0.71mg (35.45%), Selenium: 20.13µg (28.76%), Vitamin B1: 0.29mg (19.56%), Vitamin B3: 3.42mg (17.11%), Folate: 58.9µg (14.73%), Iron: 2.37mg (13.14%), Vitamin B2: 0.2mg (11.9%), Fiber: 2.83g (11.31%), Phosphorus: 108.87mg (10.89%), Calcium: 100.43mg (10.04%), Magnesium: 31.2mg (7.8%), Vitamin A: 336.63IU (6.73%), Vitamin B5: 0.67mg (6.68%), Copper: 0.13mg (6.54%), Vitamin B6: 0.11mg (5.72%), Zinc: 0.81mg (5.38%), Potassium: 150.26mg (4.29%), Vitamin C: 3.45mg (4.18%), Vitamin K: 3.87µg (3.69%), Vitamin E: 0.46mg (3.07%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.35µg (2.37%)