



Scalloped Pineapple

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 eggs well beaten
- ☐ 4 ounce bread french cut into 1-inch cubes
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup butter melted
- ☐ 20 ounce pineapple in heavy syrup crushed undrained canned
- ☐ 1.3 cups sugar

Equipment

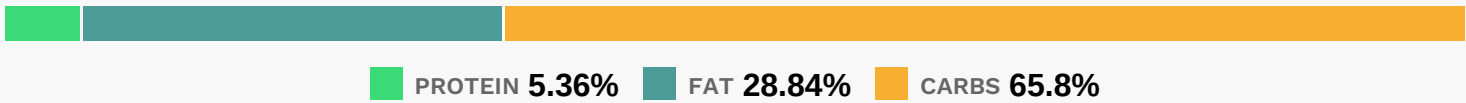
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine all ingredients in a medium bowl, stirring well. Spoon mixture into a lightly greased 11- x 7- x 1 1/2-inch baking dish.
- ☐ Bake, uncovered, at 350 for 35 to 40 minutes or until golden and bubbly.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.93, Glycemic Load:36.65, Inflammation Score:-5, Nutrition Score:7.1113044127174%

Nutrients (% of daily need)

Calories: 391.07kcal (19.55%), Fat: 12.94g (19.91%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 66.42g (22.14%), Net Carbohydrates: 64.69g (23.52%), Sugar: 56.02g (62.24%), Cholesterol: 81.84mg (27.28%), Sodium: 265.32mg (11.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Selenium: 12.79µg (18.27%), Vitamin B1: 0.24mg (16.04%), Vitamin B2: 0.21mg (12.57%), Vitamin A: 617.64IU (12.35%), Vitamin C: 8.91mg (10.81%), Folate: 38.45µg (9.61%), Iron: 1.42mg (7.91%), Copper: 0.15mg (7.46%), Phosphorus: 73.03mg (7.3%), Fiber: 1.73g (6.93%), Manganese: 0.14mg (6.8%), Vitamin B6: 0.13mg (6.49%), Vitamin B3: 1.2mg (6%), Magnesium: 23.34mg (5.84%), Potassium: 176.5mg (5.04%), Vitamin E: 0.68mg (4.56%), Calcium: 43.14mg (4.31%), Vitamin B5: 0.41mg (4.12%), Zinc: 0.58mg (3.88%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.44µg (2.93%)