



Simple Pineapple Stuffing

 Vegetarian

READY IN



40 min.

SERVINGS



1

CALORIES



2098 kcal

SIDE DISH

Ingredients

- ☐ 15.3 ounce pineapple crushed drained canned
- ☐ 3 eggs beaten
- ☐ 5 ounce condensed milk sweetened canned
- ☐ 12 slices bread white cubed
- ☐ 0.5 cup sugar white

Equipment

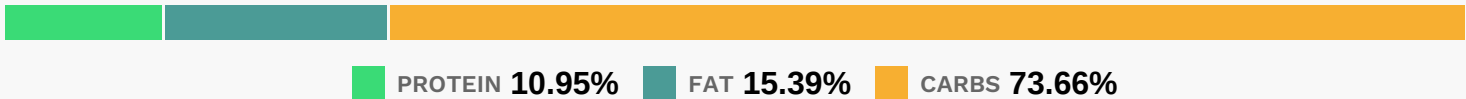
- ☐ bowl
- ☐ oven

☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch glass baking dish with vegetable cooking spray.
- ☐ Stir together, drained pineapple, milk, sugar, and eggs in a large bowl; mix well. Gently fold bread cubes in, until well moistened.
- ☐ Pour mixture into prepared dish.
- ☐ Bake in preheated oven until lightly golden on top, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:205.87, Glycemic Load:222.06, Inflammation Score:-9, Nutrition Score:57.505651743516%

Nutrients (% of daily need)

Calories: 2098.17kcal (104.91%), Fat: 36.45g (56.08%), Saturated Fat: 14.41g (90.07%), Carbohydrates: 392.53g (130.84%), Net Carbohydrates: 380.01g (138.19%), Sugar: 255.07g (283.41%), Cholesterol: 539.23mg (179.74%), Sodium: 1803.78mg (78.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.34g (116.68%), Selenium: 133.43µg (190.62%), Vitamin B1: 2.14mg (142.82%), Vitamin B2: 2.02mg (118.98%), Calcium: 1179.66mg (117.97%), Folate: 432.25µg (108.06%), Phosphorus: 989.24mg (98.92%), Manganese: 1.83mg (91.27%), Vitamin B3: 15.9mg (79.52%), Iron: 13.92mg (77.33%), Vitamin C: 44.32mg (53.73%), Fiber: 12.52g (50.08%), Magnesium: 198.54mg (49.64%), Copper: 0.96mg (47.89%), Vitamin B5: 4.69mg (46.95%), Potassium: 1597.13mg (45.63%), Vitamin B6: 0.9mg (44.85%), Zinc: 6.12mg (40.78%), Vitamin B12: 1.8µg (29.97%), Vitamin A: 1310.43IU (26.21%), Vitamin D: 2.92µg (19.49%), Vitamin E: 2.36mg (15.73%), Vitamin K: 4.87µg (4.64%)