

Pineapple Coconut Squares

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Three Sisters Cookbook - Alexander City, AL

Yield: 16 bars

2 tablespoons butter or margarine,
melted
3 tablespoons sugar
1 egg
1 cup all-purpose flour
1 teaspoon baking powder
2 cans (8 ounce ea) unsweetened
crushed pineapple, drained
1 tablespoon butter or margarine,
melted
1 cup sugar
2 eggs
2 cups flaked coconut

Preheat the oven to 325 degrees.

In a mixing bowl, beat the butter and sugar. Beat in the egg. In a bowl, combine the flour and baking powder. Stir into the egg mixture. Press into the bottom of a nine-inch square baking dish coated with nonstick cooking spray.

Spread the pineapple over the crust. Set aside.

In a bowl, beat the butter and sugar. Beat in two eggs. Stir in the coconut. Spread over the pineapple.

Bake for 35 to 40 minutes or until golden brown.

Cool before cutting.

Per Serving (excluding unknown items): 1903 Calories; 51g Fat (23.7% calories from fat); 32g Protein; 335g Carbohydrate; 3g Dietary Fiber; 729mg Cholesterol; 1054mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 8 Fat; 16 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1903	Vitamin B6 (mg):	.3mg
% Calories from Fat:	23.7%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	69.6%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	6.7%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	51g	Folacin (mcg):	266mcg
Saturated Fat (g):	26g	Niacin (mg):	8mg
Monounsaturated Fat (g):	16g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 4g
Cholesterol (mg): 729mg
Carbohydrate (g): 335g
Dietary Fiber (g): 3g
Protein (g): 32g
Sodium (mg): 1054mg
Potassium (mg): 351mg
Calcium (mg): 380mg
Iron (mg): 9mg
Zinc (mg): 3mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2032IU
Vitamin A (r.e.): 532RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 6 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 16

Nutrition Facts

Amount Per Serving

Calories 1903 **Calories from Fat:** 451

% Daily Values*

Total Fat	51g	78%
Saturated Fat	26g	132%
Cholesterol	729mg	243%
Sodium	1054mg	44%
Total Carbohydrates	335g	112%
Dietary Fiber	3g	13%
Protein	32g	
Vitamin A		41%
Vitamin C		0%
Calcium		38%
Iron		52%

* Percent Daily Values are based on a 2000 calorie diet.