

Baked Pineapple

Joanne Hanney - Stuart, FL
Scripps Treasure Coast Newspapers

1/2 cup butter
1 cup sugar
4 eggs
4 slices bread, cubed
1 can crushed pineapple

Preheat the oven to 350 degrees.

In a bowl, cream together the butter and sugar.

Add the eggs and beat well.

Add the pineapple; then stir in the bread cubes.

Pour into a greased dish.

Bake for one hour.

Per Serving (excluding unknown items): 2300 Calories; 116g Fat (44.4% calories from fat); 35g Protein; 290g Carbohydrate; 4g Dietary Fiber; 1097mg Cholesterol; 1759mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 2 1/2 Fruit; 21 Fat; 13 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2300	Vitamin B6 (mg):	.5mg
% Calories from Fat:	44.4%	Vitamin B12 (mcg):	2.7mcg
% Calories from Carbohydrates:	49.5%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	6.0%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	116g	Folacin (mcg):	145mcg
Saturated Fat (g):	64g	Niacin (mg):	5mg
Monounsaturated Fat (g):	36g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	1097mg	% Refused:	0.0%
Carbohydrate (g):	290g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	3
Protein (g):	35g	Lean Meat:	3

Sodium (mg): 1759mg
Potassium (mg): 725mg
Calcium (mg): 276mg
Iron (mg): 8mg
Zinc (mg): 3mg
Vitamin C (mg): 24mg
Vitamin A (i.u.): 4539IU
Vitamin A (r.e.): 1148RE

Vegetable: 0
Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 21
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 2300 **Calories from Fat:** 1022

% Daily Values*

Total Fat 116g	178%
Saturated Fat 64g	321%
Cholesterol 1097mg	366%
Sodium 1759mg	73%
Total Carbohydrates 290g	97%
Dietary Fiber 4g	16%
Protein 35g	
<hr/>	
Vitamin A	91%
Vitamin C	40%
Calcium	28%
Iron	43%

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