

Hot Pineapple Casserole

Barb Radtke

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

5 slices white bread, cubed
1/2 cup butter or margarine
2 cans (20 ounce ea) crushed
pineapple, drained
3 tablespoons all-purpose flour
1 cup sugar
2 eggs

Preheat the oven to 350 degrees.

In a saucepan, saute' the bread cubes in butter until golden brown.

Place the pineapple in a large bowl.

In a bowl, stir together the flour and sugar. Add to the pineapple.

In a bowl, beat the eggs well and stir into the pineapple mixture.

Turn the pineapple mixture into a buttered cassrole. Top with the bread cubes. Stir gently.

Bake for 35 minutes or until set.

This recipe makes a complimentary side dish for ham.

Per Serving (excluding unknown items): 307 Calories; 13g Fat (38.3% calories from fat); 4g Protein; 45g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 220mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	307	Vitamin B6 (mg):	.1mg
% Calories from Fat:	38.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	57.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	19mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	84mg
Carbohydrate (g):	45g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	220mg
Potassium (mg):	119mg
Calcium (mg):	36mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	518IU
Vitamin A (r.e.):	127RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	307	Calories from Fat:	118
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% Daily Values*

Total Fat	13g	21%
Saturated Fat	8g	38%
Cholesterol	84mg	28%
Sodium	220mg	9%
Total Carbohydrates	45g	15%
Dietary Fiber	1g	3%
Protein	4g	
Vitamin A		10%
Vitamin C		10%
Calcium		4%
Iron		6%

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