

Pineapple Bake

Sandi Goodness

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

Servings: 8

*2 cans (20 ounce ea) sliced pineapple
in juice, undrained
2 cups (8 ounces) sharp cheddar
cheese, shredded
2/3 cup sugar
1/3 cup all-purpose flour
1 cup round buttery cracker crumbs
1/4 cup butter or margarine, melted*

Preheat the oven to 350 degrees.

Drain the sliced pineapple, reserving 1/3 cup of juice.

Place the pineapple in a lightly greased 11x7x1-1/2-inch baking dish. Sprinkle with the cheese.

In a bowl, combine the reserved pineapple juice, sugar and flour. Pour over the cheese.

In a bowl, combine the cracker crumbs and butter. Sprinkle over the mixture.

Bake for 25 minutes or until bubbly.

Serve with turkey, ham, pork or chicken.

Per Serving (excluding unknown items): 248 Calories; 15g Fat (54.6% calories from fat); 8g Protein; 21g Carbohydrate; trace Dietary Fiber; 45mg Cholesterol; 235mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Fat; 1 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	248
% Calories from Fat:	54.6%
% Calories from Carbohydrates:	33.2%
% Calories from Protein:	12.2%
Total Fat (g):	15g
Saturated Fat (g):	10g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace

Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 45mg
Carbohydrate (g): 21g
Dietary Fiber (g): trace
Protein (g): 8g
Sodium (mg): 235mg
Potassium (mg): 36mg
Calcium (mg): 207mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 517IU
Vitamin A (r.e.): 144RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 248 **Calories from Fat:** 135

% Daily Values*

Total Fat	15g	23%
Saturated Fat	10g	48%
Cholesterol	45mg	15%
Sodium	235mg	10%
Total Carbohydrates	21g	7%
Dietary Fiber	trace	1%
Protein	8g	
Vitamin A		10%
Vitamin C		0%
Calcium		21%
Iron		3%

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