

Hawaiian SPAM & Pineapple Casserole

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/four-christmases-spam-casserole-recipe>

Ingredients:

- spam Pineapple, Casserole
- 1 can spam cubed
- 32 ounces pineapple chunks reserve juice
- 1/2 yellow onion chopped
- 1 green bell pepper chopped
- 1/2 orange red/, /yellow bell pepper, or mixture, chopped
- 1/2 cup sugar
- 1/3 cup flour
- 2 cups shredded cheddar cheese
- 2 cups french bread cubed
- 2 tablespoons olive oil
- 2 teaspoons garlic salt
- 1 teaspoon black pepper
- 1 teaspoon parsley

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 60 milligrams
4. Fat: 26 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 13 grams
8. Sodium: 500 milligrams
9. Sugar: 50 grams

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