



WHATSheATE



Coconut Cheesecake with Passion Fruit Glaze

READY IN



1140 min.

SERVINGS



12

CALORIES



656 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter unsalted diced ()
- ☐ 32 ounce cream cheese fat-free reduced-fat (do not use or)
- ☐ 15 ounce cream of coconut canned (such as Coco López)
- ☐ 5 large eggs
- ☐ 0.3 teaspoon gelatin powder unflavored
- ☐ 8 graham crackers whole
- ☐ 1 cup mangos diced pitted peeled
- ☐ 1 cup pineapple diced cored peeled
- ☐ 0.1 teaspoon salt

- ☐ 8.3 inch star fruit diced
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons sugar divided
- ☐ 2 cups coconut sweetened flaked
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 teaspoons water

Equipment

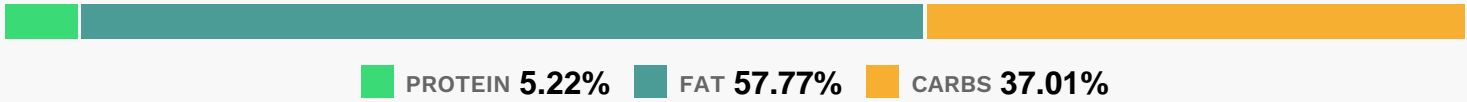
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F. Blend all ingredients in processor until finely ground and sticking together, 1 to 2 minutes. Press crumb mixture onto bottom and 2 1/2 inches up sides of 9-inch-diameter spring form pan with 2 3/4- to 3-inch-high sides.
- ☐ Bake crust until golden, 14 to 15 minutes. Cool crust on rack. Increase oven temperature to 425°F.
- ☐ Blend cream cheese in processor until smooth, scraping sides and bottom of bowl.
- ☐ Add sugar. Using on/off turns, process to blend, scraping sides and bottom.
- ☐ Add cream of coconut, vanilla, and salt; blend 20 seconds, stopping to scrape sides.
- ☐ Add eggs 1 at a time; process to blend after each addition.
- ☐ Pour filling into crust.
- ☐ Bake cheesecake 10 minutes. Reduce oven temperature to 250°F.
- ☐ Bake until center is softly set, about 1 hour 35 minutes longer. Turn off oven. Keeping door closed, cool cake in oven 1 hour. Refrigerate cake, uncovered, at least 12 hours or overnight.

- ☐ Place 2 teaspoons water in small cup; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 10 minutes.
- ☐ Place small strainer over 2-cup measuring cup. Reserve 1 passion fruit for compote.
- ☐ Cut remaining passion fruits in half, 1 at a time, and spoon fruit (including seeds) into strainer. Using flexible rubber spatula, press until 1/2 cup pulp (fruit and juices) is released into cup. Reserve a few seeds from strainer for garnish.
- ☐ Pour 1/2 cup passion fruit pulp into small saucepan.
- ☐ Mix in 2 tablespoons plus 2 teaspoons sugar. Stir over low heat until sugar dissolves and bubbles form at edge of pan.
- ☐ Add gelatin mixture and stir 1 minute to dissolve. Cool 10 minutes; pour into center of cheesecake. Rotate and tilt cake until glaze is spread evenly over top.
- ☐ Sprinkle reserved seeds over glaze. Chill cake to set glaze, at least 1 hour. DO AHEAD: can be made 1 day ahead. Cover and keep chilled.
- ☐ Combine diced mango, pineapple, star fruit, and remaining 1 tablespoon sugar in medium bowl.
- ☐ Mix in fruit (including seeds) from 1 reserved passion fruit. Chill compote until ready to use, up to 2 hours.
- ☐ Cut around pan sides to release cake.
- ☐ Remove pan sides.
- ☐ Cut cheesecake into wedges.
- ☐ Serve with compote.

Nutrition Facts



Properties

Glycemic Index:32.3, Glycemic Load:17.93, Inflammation Score:-7, Nutrition Score:9.4386956795402%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin:

0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 656.43kcal (32.82%), Fat: 42.75g (65.77%), Saturated Fat: 27.57g (172.3%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 58.27g (21.19%), Sugar: 51.31g (57.01%), Cholesterol: 164.02mg (54.67%), Sodium: 411.97mg (17.91%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 8.69g (17.37%), Vitamin A: 1403.8IU (28.08%), Selenium: 15.45µg (22.07%), Vitamin B2: 0.31mg (18.12%), Phosphorus: 159.57mg (15.96%), Vitamin C: 12.18mg (14.77%), Manganese: 0.29mg (14.39%), Fiber: 3.36g (13.45%), Calcium: 98.65mg (9.87%), Vitamin B5: 0.84mg (8.39%), Folate: 30.08µg (7.52%), Vitamin E: 1.11mg (7.39%), Potassium: 238.19mg (6.81%), Zinc: 0.97mg (6.44%), Magnesium: 25.37mg (6.34%), Iron: 1.12mg (6.22%), Vitamin B6: 0.12mg (6.18%), Vitamin B12: 0.36µg (6%), Copper: 0.11mg (5.49%), Vitamin B1: 0.06mg (4.29%), Vitamin B3: 0.71mg (3.53%), Vitamin D: 0.49µg (3.25%), Vitamin K: 2.65µg (2.53%)