



Creamy Pineapple-Pecan Dessert Squares

READY IN



270 min.

SERVINGS



18

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup coconut or shredded
- ☐ 8 oz weight cream cheese fat-free
- ☐ 1 box gelatin powder lemon-flavored sugar-free (4-serving size)
- ☐ 1.5 cups graham cracker crumbs
- ☐ 0.3 cup pecans chopped
- ☐ 8 oz pineapple rings crushed undrained canned
- ☐ 1 cup pineapple juice unsweetened
- ☐ 8 oz cream fat-free sour

- ☐ 0.3 cup sugar
- ☐ 0.8 cup water boiling

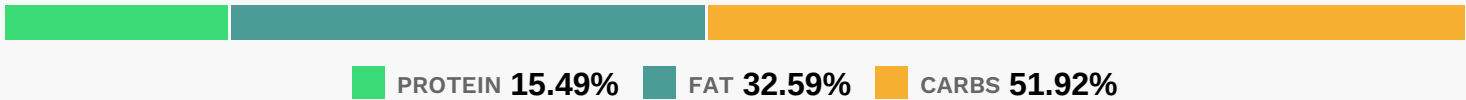
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ In large bowl, pour boiling water over gelatin; stir about 2 minutes or until gelatin is completely dissolved. Stir in pineapple juice. Refrigerate about 30 minutes or until mixture is syrupy and just beginning to thicken.
- ☐ Meanwhile, in 13x9-inch (3-quart) glass baking dish, toss cracker crumbs, 1/4 cup sugar, the coconut, pecans and melted butter until well mixed. Reserve 1/2 cup crumb mixture for topping. Press remaining mixture in bottom of dish.
- ☐ In medium bowl, beat cream cheese, sour cream and 1/4 cup sugar with electric mixer on medium speed until smooth; set aside.
- ☐ Beat gelatin mixture with electric mixer on low speed until foamy; beat on high speed until light and fluffy (mixture will look like beaten egg whites). Beat in cream cheese mixture just until mixed. Gently stir in pineapple (with juice).
- ☐ Pour into crust-lined dish; smooth top.
- ☐ Sprinkle reserved 1/2 cup crumb mixture over top. Refrigerate about 4 hours or until set. For 18 servings, cut into 6 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:6.49, Inflammation Score:-2, Nutrition Score:3.2378260784823%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 113.82kcal (5.69%), Fat: 4.21g (6.47%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 14.41g (5.24%), Sugar: 8.36g (9.28%), Cholesterol: 2.65mg (0.88%), Sodium: 178.53mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Phosphorus: 100.53mg (10.05%), Manganese: 0.15mg (7.74%), Calcium: 72.32mg (7.23%), Vitamin B2: 0.08mg (4.8%), Copper: 0.09mg (4.48%), Vitamin B1: 0.06mg (3.86%), Magnesium: 14.32mg (3.58%), Zinc: 0.5mg (3.33%), Folate: 13.12µg (3.28%), Vitamin C: 2.55mg (3.1%), Potassium: 107.79mg (3.08%), Selenium: 2.15µg (3.07%), Fiber: 0.67g (2.69%), Vitamin B12: 0.16µg (2.66%), Iron: 0.47mg (2.63%), Vitamin A: 130.07IU (2.6%), Vitamin B6: 0.04mg (2.12%), Vitamin B3: 0.39mg (1.95%), Vitamin B5: 0.13mg (1.33%)