



Creamy Tropical Dessert

READY IN



330 min.

SERVINGS



15

CALORIES



424 kcal

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 1 cup butter softened
- 0.5 cup powdered sugar
- 0.5 cup almonds finely chopped
- 8 oz cream cheese softened
- 0.7 cup granulated sugar
- 1 teaspoon vanilla
- 20 oz dole pineapple tidbits drained canned
- 1.5 cups whipping cream

- 2 cups marshmallows miniature
- 1 tablespoon cornstarch
- 1 papaya peeled seeded cut into pieces
- 1 kiwi fruit peeled cut into pieces

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer

Directions

- Heat oven to 400°F. In large bowl, beat flour, butter and powdered sugar with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on high speed about 2 minutes or until creamy. Stir in almonds. Press mixture evenly in bottom of ungreased 13x9-inch pan.
- Bake 12 to 15 minutes or until edges are golden brown. Cool completely, about 30 minutes.
- In large bowl, mix cream cheese, granulated sugar and vanilla with spoon. Reserve 1/2 cup of the pineapple. Stir remaining pineapple into cream cheese mixture.
- In chilled medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream and marshmallows into cream cheese mixture.
- Spread over crust. Cover and refrigerate at least 4 hours until set but no longer than 48 hours.
- In 1-quart saucepan, place cornstarch. Gradually stir in reserved 1 cup pineapple juice. Cook over medium heat, stirring constantly, until thickened and bubbly. Cook and stir 2 minutes longer. Cool completely, about 30 minutes. Fold in reserved 1/2 cup pineapple, the papaya and kiwifruit. For servings, cut dessert into 5 rows by 3 rows.
- Serve with fruit mixture. Store covered in refrigerator.

Nutrition Facts



PROTEIN 4.15% **FAT 59.18%** **CARBS 36.67%**

Properties

Glycemic Index:23.6, Glycemic Load:18.09, Inflammation Score:-7, Nutrition Score:8.26652168191%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 424.44kcal (21.22%), Fat: 28.64g (44.06%), Saturated Fat: 11.28g (70.51%), Carbohydrates: 39.92g (13.31%), Net Carbohydrates: 37.96g (13.8%), Sugar: 25.68g (28.54%), Cholesterol: 42.16mg (14.05%), Sodium: 204.78mg (8.9%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 4.52g (9.04%), Vitamin A: 1311IU (26.22%), Vitamin C: 20.6mg (24.97%), Vitamin E: 2.19mg (14.62%), Vitamin B2: 0.22mg (12.88%), Vitamin B1: 0.16mg (10.84%), Manganese: 0.21mg (10.6%), Selenium: 6.94µg (9.91%), Folate: 38.47µg (9.62%), Fiber: 1.96g (7.85%), Phosphorus: 77.24mg (7.72%), Magnesium: 30.18mg (7.54%), Copper: 0.14mg (6.9%), Calcium: 62.2mg (6.22%), Vitamin B3: 1.15mg (5.76%), Potassium: 194.01mg (5.54%), Iron: 0.99mg (5.52%), Vitamin K: 4.35µg (4.15%), Vitamin B6: 0.07mg (3.51%), Zinc: 0.44mg (2.91%), Vitamin B5: 0.29mg (2.87%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.09µg (1.44%)