



## Creamy Tropical Dessert (lighter )

READY IN



540 min.

SERVINGS



15

CALORIES



335 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 reduced-fat (Neufchâtel)
- 0.7 cup granulated sugar
- 2 teaspoons vanilla
- 20 oz pineapple crushed drained canned
- 3 cups cool whip frozen thawed

- 2 cups marshmallows miniature
- 1 tablespoon cornstarch
- 1 cup strawberries quartered

## Equipment

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

## Directions

- Heat oven to 400°F. In large bowl, beat flour, margarine 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.
- Spread in ungreased 13x9-inch pan.
- Bake 12 to 15 minutes or until edges are golden brown; cool.
- In large bowl, mix cream cheese, granulated sugar and the vanilla until smooth. Reserve 1/2 cup pineapple. Stir remaining pineapple into cream cheese mixture. Fold whipped topping and marshmallows into cream cheese mixture.
- Spread over pastry crust. Cover and refrigerate at least 8 hours but no longer than 48 hours.
- In 2-quart saucepan, gradually stir reserved 1 cup pineapple juice into cornstarch. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; cool. Fold in reserved pineapple and the kiwifruit.
- Cut dessert into squares; serve with fruit mixture. Store in refrigerator.

## Nutrition Facts



**PROTEIN 5.19%** **FAT 46.86%** **CARBS 47.95%**

## Properties

Glycemic Index:17.04, Glycemic Load:16.64, Inflammation Score:-6, Nutrition Score:6.8786955812703%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 334.95kcal (16.75%), Fat: 17.86g (27.48%), Saturated Fat: 4.54g (28.39%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 39.43g (14.34%), Sugar: 26.07g (28.97%), Cholesterol: 10.56mg (3.52%), Sodium: 214.16mg (9.31%), Alcohol: 0.18g (100%), Alcohol %: 0.18% (100%), Protein: 4.45g (8.91%), Vitamin B2: 0.26mg (15.03%), Vitamin A: 671.13IU (13.42%), Vitamin E: 1.79mg (11.91%), Vitamin B1: 0.18mg (11.91%), Manganese: 0.24mg (11.77%), Vitamin C: 9.23mg (11.19%), Folate: 34.81µg (8.7%), Selenium: 5.88µg (8.4%), Phosphorus: 78.68mg (7.87%), Fiber: 1.69g (6.75%), Calcium: 65.8mg (6.58%), Magnesium: 25.61mg (6.4%), Copper: 0.13mg (6.39%), Vitamin B12: 0.38µg (6.27%), Vitamin B3: 1.14mg (5.7%), Iron: 0.96mg (5.32%), Potassium: 171.17mg (4.89%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.43mg (2.83%), Vitamin B5: 0.23mg (2.3%)