



## Creamy Tropical Dessert (lighter )

READY IN



540 min.

SERVINGS



15

CALORIES



346 kcal

DESSERT

### Ingredients

- 0.5 cup almonds finely chopped
- 20 oz pineapple crushed drained canned
- 1 tablespoon cornstarch
- 1.5 cups flour all-purpose
- 0.7 cup granulated sugar
- 1 cup strawberries quartered
- 8 oz cream cheese softened reduced-fat (Neufchâtel)
- 1 cup butter softened
- 2 cups marshmallows miniature

- 0.5 cup powdered sugar
- 2 teaspoons vanilla
- 3 cups non-dairy whipped topping frozen thawed

## Equipment

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

## Directions

- Heat oven to 400F. 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 5.04%** **FAT 48.61%** **CARBS 46.35%**

## Properties

Glycemic Index:17.04, Glycemic Load:16.64, Inflammation Score:-5, Nutrition Score:6.3913043348686%

## 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: 346.2kcal (17.31%), Fat: 19.07g (29.35%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 39.28g (14.29%), Sugar: 27.21g (30.23%), Cholesterol: 8.46mg (2.82%), Sodium: 214.16mg (9.31%), Alcohol: 0.18g (100%), Alcohol %: 0.18% (100%), Protein: 4.45g (8.91%), Vitamin A: 655.98IU (13.12%), Vitamin E: 1.85mg (12.32%), Manganese: 0.24mg (11.77%), Vitamin C: 9.23mg (11.19%), Vitamin B1: 0.16mg (10.63%), Vitamin B2: 0.18mg (10.37%), Selenium: 5.79µg (8.28%), Folate: 32.71µg (8.18%), Phosphorus: 79.57mg (7.96%), Fiber: 1.63g (6.51%), Magnesium: 25.46mg (6.37%), Copper: 0.13mg (6.33%), Calcium: 60.25mg (6.02%), Vitamin B3: 1.1mg (5.5%), Iron: 0.97mg (5.38%), Potassium: 170.12mg (4.86%), Vitamin B12: 0.18µg (3.07%), Vitamin B6: 0.06mg (2.82%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.23mg (2.3%), Vitamin K: 1.16µg (1.1%)