

Easy Pineapple Cheesecake

READY IN



130 min.

SERVINGS



8

CALORIES



1200 kcal

DESSERT

Ingredients

- 30 ounce pineapple crushed drained canned
- 8 ounce cream cheese softened
- 9 inch graham cracker crust prepared
- 0.5 cup splenda® no calorie sweetener
- 1.8 cups non-dairy whipped topping frozen thawed

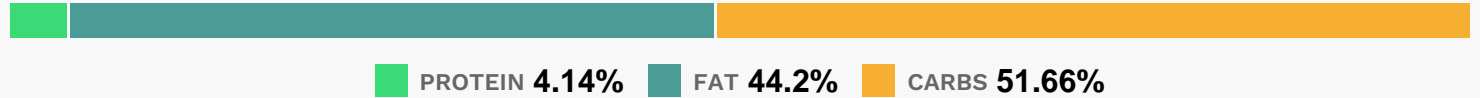
Equipment

- bowl

Directions

- In a large bowl, mix cream cheese and SPLENDA® Granulated Sweetener together. Stir in 1 can of pineapple and whipped topping to cream cheese mixture.
- Mix until smooth.
- Pour mixture into crust and top with other can of pineapple. Cover and chill for 2 hours.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:6.12, Inflammation Score:-6, Nutrition Score:22.02695640792%

Nutrients (% of daily need)

Calories: 1199.92kcal (60%), Fat: 59.45g (91.46%), Saturated Fat: 17.15g (107.2%), Carbohydrates: 156.35g (52.12%), Net Carbohydrates: 151.34g (55.03%), Sugar: 64.75g (71.95%), Cholesterol: 28.96mg (9.65%), Sodium: 1002.68mg (43.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.06%), Manganese: 2.46mg (123.23%), Vitamin K: 43.56µg (41.48%), Folate: 132.67µg (33.17%), Vitamin B3: 6.5mg (32.51%), Vitamin B1: 0.47mg (31.34%), Vitamin B2: 0.51mg (29.98%), Iron: 5.32mg (29.54%), Phosphorus: 273.68mg (27.37%), Copper: 0.55mg (27.35%), Vitamin E: 3.89mg (25.9%), Fiber: 5.02g (20.06%), Zinc: 2.66mg (17.7%), Magnesium: 63.63mg (15.91%), Vitamin B6: 0.24mg (12.21%), Vitamin C: 9.99mg (12.11%), Selenium: 8.23µg (11.76%), Potassium: 402.43mg (11.5%), Calcium: 111.62mg (11.16%), Vitamin A: 447.94IU (8.96%), Vitamin B5: 0.5mg (5.02%), Vitamin B12: 0.1µg (1.59%)