



Festive Piña Colada Cheesecake

READY IN



45 min.

SERVINGS



10

CALORIES



723 kcal

DESSERT

Ingredients

- ☐ 10 servings glaze
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 10 servings garnishes: whipped cream and coconut toasted
- ☐ 4 teaspoons coconut extract
- ☐ 24 ounce cream cheese softened
- ☐ 1 cup cream of coconut
- ☐ 5 large eggs
- ☐ 1.8 cups graham cracker crumbs
- ☐ 0.3 cup rum light

- ☐ 0.8 cup pecans toasted chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 6 tablespoons butter unsalted melted

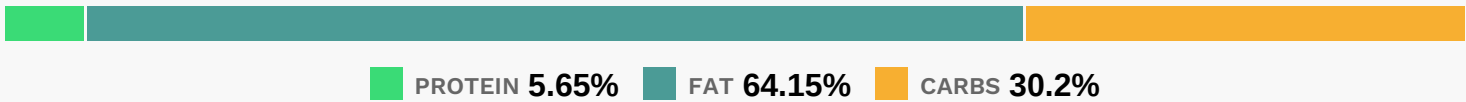
Equipment

- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Stir together first 4 ingredients, and press into bottom and 1 1/2 inches up sides of a lightly greased 10-inch springform pan.
- ☐ Beat cream cheese and 1/2 cup sugar at medium speed with an electric mixer 3 minutes or until fluffy.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add pineapple and next 4 ingredients, beating until blended.
- ☐ Pour mixture into crust.
- ☐ Bake at 325 for 1 hour and 15 minutes or until center is almost set. Cool on a wire rack.
- ☐ Spread Glaze over top of cheesecake. Cover and chill at least 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:32.12, Glycemic Load:17.2, Inflammation Score:-7, Nutrition Score:10.499565269636%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg

Nutrients (% of daily need)

Calories: 722.95kcal (36.15%), Fat: 50.74g (78.07%), Saturated Fat: 27.17g (169.82%), Carbohydrates: 53.75g (17.92%), Net Carbohydrates: 51.18g (18.61%), Sugar: 42.02g (46.69%), Cholesterol: 197.91mg (65.97%), Sodium: 369.95mg (16.08%), Alcohol: 3.35g (100%), Alcohol %: 1.86% (100%), Protein: 10.05g (20.11%), Vitamin A: 1458.99IU (29.18%), Vitamin B2: 0.37mg (21.83%), Selenium: 15.01µg (21.45%), Phosphorus: 201.5mg (20.15%), Manganese: 0.39mg (19.59%), Calcium: 132.6mg (13.26%), Fiber: 2.57g (10.26%), Zinc: 1.45mg (9.69%), Vitamin B1: 0.14mg (9.61%), Vitamin B5: 0.95mg (9.47%), Magnesium: 34.45mg (8.61%), Vitamin E: 1.29mg (8.58%), Copper: 0.17mg (8.35%), Iron: 1.42mg (7.9%), Vitamin B12: 0.45µg (7.54%), Folate: 29.38µg (7.34%), Potassium: 254.86mg (7.28%), Vitamin B6: 0.14mg (7.11%), Vitamin D: 0.65µg (4.33%), Vitamin B3: 0.83mg (4.17%), Vitamin C: 2.43mg (2.94%), Vitamin K: 3µg (2.85%)