



Fluffy Pineapple Torte

READY IN



30 min.

SERVINGS



12

CALORIES



317 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 8 ounces pineapple crushed drained canned
- 8 ounces cream cheese softened
- 12 ounces evaporated milk canned
- 1.5 cups graham cracker crumbs
- 3 ounces gelatin mix
- 0.5 cup sugar
- 1 cup walnut pieces divided chopped
- 1 cup water boiling

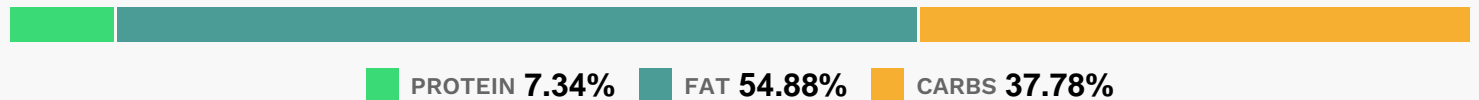
Equipment

- bowl
- oven
- baking pan

Directions

- In a small bowl, combine the crumbs, butter and sugar; press into a 13-in. x 9-in. baking dish.
- Bake at 325° for 10 minutes or until lightly browned; cool.
- Pour evaporated milk into a large bowl. Cover and chill for at least 2 hours.
- Meanwhile, in a small bowl, dissolve gelatin in water; chill until syrupy, about 30 minutes.
- Remove milk from refrigerator and beat until stiff peaks form. In a large bowl, beat cream cheese and sugar until smooth. Beat in gelatin mixture. Stir in pineapple and 3/4 cup walnuts. Fold in milk.
- Pour over crust.
- Chill for at least 3 hours or overnight.
- Sprinkle with remaining walnuts before filling is completely set.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:11.89, Inflammation Score:-4, Nutrition Score:6.0195652738861%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 317.04kcal (15.85%), Fat: 19.93g (30.67%), Saturated Fat: 8.31g (51.96%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 29.63g (10.77%), Sugar: 23.34g (25.93%), Cholesterol: 37.48mg (12.49%), Sodium: 223.48mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Manganese: 0.34mg (16.89%), Phosphorus: 145.17mg (14.52%), Calcium: 115.22mg (11.52%), Vitamin B2: 0.18mg (10.76%), Copper: 0.2mg (9.92%), Vitamin A: 451.16IU (9.02%), Magnesium: 33.37mg (8.34%), Vitamin B1: 0.09mg (6.31%), Potassium: 197.66mg (5.65%), Zinc:

0.84mg (5.63%), Vitamin B6: 0.1mg (5.1%), Fiber: 1.26g (5.02%), Folate: 19.65µg (4.91%), Selenium: 3.4µg (4.86%),
Iron: 0.86mg (4.77%), Vitamin B5: 0.35mg (3.5%), Vitamin B3: 0.63mg (3.17%), Vitamin C: 2.44mg (2.96%), Vitamin
E: 0.39mg (2.6%), Vitamin B12: 0.09µg (1.58%), Vitamin K: 1.29µg (1.23%)