



Hawaiian Cheesecake

READY IN



530 min.

SERVINGS



10

CALORIES



1278 kcal

DESSERT

Ingredients

- ☐ 15 ounce pineapple crushed drained canned
- ☐ 1 cup coconut or flaked finely
- ☐ 16 ounce cream cheese softened
- ☐ 2 eggs
- ☐ 9 inch graham cracker crust prepared
- ☐ 0.3 cup milk
- ☐ 1 cup granular no-calorie sucralose sweetener splenda® (such as)
- ☐ 1 tablespoon pecans crushed to taste
- ☐ 1 pinch salt

- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 teaspoons vanilla extract
- ☐ 8 ounce non-dairy whipped topping frozen thawed cool whip® (such as)

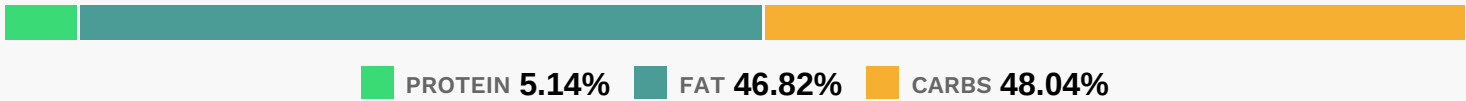
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat cream cheese, sweetened condensed milk, sweetener, 1 cup coconut, milk, 1/4 cup pecans, eggs, vanilla extract, and salt together in a bowl until smooth; pour into prepared crust.
- ☐ Bake in preheated oven until filling is set and browned slightly around the edges, 35 to 40 minutes.
- ☐ Refrigerate cheesecake 8 hours to overnight.
- ☐ Spread crushed pineapple evenly over cheesecake and top with whipped topping.
- ☐ Sprinkle 3 tablespoons coconut and 1 tablespoon pecans over the whipped topping.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:23.08, Inflammation Score:-7, Nutrition Score:23.759565270465%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 1277.76kcal (63.89%), Fat: 67.26g (103.47%), Saturated Fat: 26.87g (167.95%), Carbohydrates: 155.28g (51.76%), Net Carbohydrates: 150.34g (54.67%), Sugar: 79.56g (88.4%), Cholesterol: 93.23mg (31.08%), Sodium: 952.12mg (41.4%), Alcohol: 0.28g (100%), Alcohol %: 0.1% (100%), Protein: 16.62g (33.23%), Manganese: 2.26mg (112.97%), Vitamin B2: 0.68mg (40.23%), Phosphorus: 391.63mg (39.16%), Vitamin K: 35.67µg (33.97%), Folate: 115.83µg (28.96%), Selenium: 18.9µg (26.99%), Vitamin B3: 5.27mg (26.37%), Vitamin B1: 0.39mg (26.29%), Iron: 4.71mg (26.15%), Copper: 0.49mg (24.49%), Calcium: 239.42mg (23.94%), Vitamin E: 3.55mg (23.69%), Fiber: 4.94g (19.77%), Zinc: 2.93mg (19.55%), Magnesium: 68.3mg (17.08%), Vitamin A: 812.68IU (16.25%), Potassium: 529.18mg (15.12%), Vitamin B6: 0.24mg (12.24%), Vitamin B5: 1.06mg (10.63%), Vitamin B12: 0.43µg (7.18%), Vitamin C: 5.17mg (6.26%), Vitamin D: 0.32µg (2.15%)