



Layered Island Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz pineapple crushed drained canned
- 8 oz philadelphia cream cheese divided softened
- 0.5 cup baker's angel flake coconut toasted
- 1 kiwi fruit chopped
- 1 Tbsp lime zest
- 0.5 cup planters macadamias chopped
- 2 mint leaves
- 2 Tbsp powdered sugar

- 2 tsp rum
- 2 cups cool whip whipped topping divided thawed

Equipment

- whisk

Directions

- Beat 4 oz. cream cheese, pineapple and 1 cup COOL WHIP with whisk until well blended; spread onto bottom of pie plate.
- Mix remaining cream cheese, powdered sugar and lime zest; spread over pineapple layer.
- Mix remaining COOL WHIP and rum; spread over lime layer. Refrigerate at least 1 hour before serving.
- Top with nuts, coconut, kiwi and mint.
- Serve with NILLA Wafers.

Nutrition Facts

PROTEIN 5.18% **FAT 71.15%** **CARBS 23.67%**

Properties

Glycemic Index:9.11, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:3.2991304397583%

Flavonoids

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Nutrients (% of daily need)

Calories: 144.58kcal (7.23%), Fat: 11.77g (18.11%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.56g (2.75%), Sugar: 7.09g (7.88%), Cholesterol: 15.47mg (5.16%), Sodium: 56.48mg (2.46%), Alcohol: 0.22g (100%), Alcohol %: 0.51% (100%), Protein: 1.93g (3.85%), Manganese: 0.27mg (13.58%), Vitamin C: 6.21mg (7.52%), Vitamin B1: 0.08mg (5.19%), Fiber: 1.25g (4.99%), Vitamin A: 229.16IU (4.58%), Copper: 0.09mg

(4.26%), Phosphorus: 41.13mg (4.11%), Vitamin B2: 0.06mg (3.48%), Magnesium: 13.79mg (3.45%), Selenium: 2.31µg (3.29%), Calcium: 31.31mg (3.13%), Vitamin K: 3.2µg (3.05%), Potassium: 93.84mg (2.68%), Vitamin B6: 0.05mg (2.33%), Vitamin E: 0.3mg (2%), Iron: 0.35mg (1.96%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.23mg (1.51%), Folate: 4.92µg (1.23%), Vitamin B3: 0.22mg (1.1%)