



WHATSheATE



## Light and Creamy Tropical Dessert

READY IN



300 min.

SERVINGS



15

CALORIES



418 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup butter softened
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup slivered almonds finely chopped
- ☐ 8 oz cream cheese softened
- ☐ 0.7 cup granulated sugar
- ☐ 1 teaspoon vanilla
- ☐ 20 oz dole pineapple tidbits drained canned
- ☐ 1.5 cups whipping cream (heavy)

- ☐ 2 cups marshmallows miniature
- ☐ 1 tablespoon cornstarch
- ☐ 1 papaya peeled seeded cut into pieces
- ☐ 1 kiwi fruit peeled cut into pieces

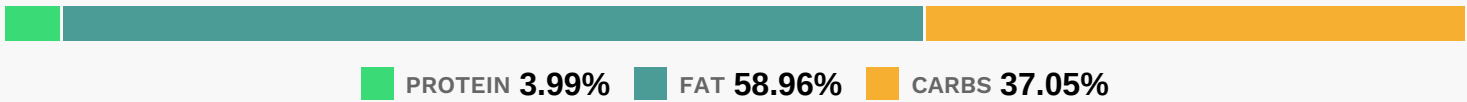
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Heat oven to 400°F. In large bowl, beat flour, butter and powdered sugar with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on high speed about 2 minutes or until creamy. Stir in almonds. Press mixture evenly in bottom of ungreased 13x9-inch pan.
- ☐ Bake 12 to 15 minutes or until edges are golden brown. Cool completely, about 30 minutes.
- ☐ In large bowl, mix cream cheese, granulated sugar and vanilla with spoon. Reserve 1/2 cup of the pineapple. Stir remaining pineapple into cream cheese mixture.
- ☐ In chilled medium bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream and marshmallows into cream cheese mixture.
- ☐ Spread over crust. Cover and refrigerate at least 4 hours until set but no longer than 48 hours.
- ☐ In 1-quart saucepan, place cornstarch. Gradually stir in reserved 1 cup pineapple juice. Cook over medium heat, stirring constantly, until thickened and bubbly. Cook and stir 2 minutes longer. Cool completely, about 30 minutes. Fold in reserved 1/2 cup pineapple, the papaya and kiwifruit. For servings, cut dessert into 5 rows by 3 rows.
- ☐ Serve with fruit mixture. Store covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:23.6, Glycemic Load:18.07, Inflammation Score:-7, Nutrition Score:7.9021739337755%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 417.69kcal (20.88%), Fat: 28.06g (43.17%), Saturated Fat: 11.24g (70.23%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 37.85g (13.76%), Sugar: 25.63g (28.48%), Cholesterol: 42.16mg (14.05%), Sodium: 204.77mg (8.9%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.27g (8.54%), Vitamin A: 1310.98IU (26.22%), Vitamin C: 20.6mg (24.97%), Vitamin E: 1.89mg (12.63%), Vitamin B2: 0.21mg (12.09%), Vitamin B1: 0.16mg (10.68%), Selenium: 6.89µg (9.84%), Folate: 37.96µg (9.49%), Manganese: 0.19mg (9.27%), Fiber: 1.82g (7.27%), Phosphorus: 71.63mg (7.16%), Magnesium: 27.03mg (6.76%), Copper: 0.13mg (6.3%), Calcium: 59.07mg (5.91%), Vitamin B3: 1.11mg (5.55%), Potassium: 185.46mg (5.3%), Iron: 0.95mg (5.28%), Vitamin K: 4.35µg (4.15%), Vitamin B6: 0.07mg (3.43%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.4mg (2.66%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.09µg (1.44%)