



PHILADELPHIA 3-STEP Coconut Cheesecake

READY IN



230 min.

SERVINGS



10

CALORIES



421 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 0.5 cup cream of coconut
- 2 eggs
- 0.5 cup baker's angel flake coconut toasted
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 cup sugar
- 0.5 tsp vanilla
- 2 cups cool whip whipped topping thawed

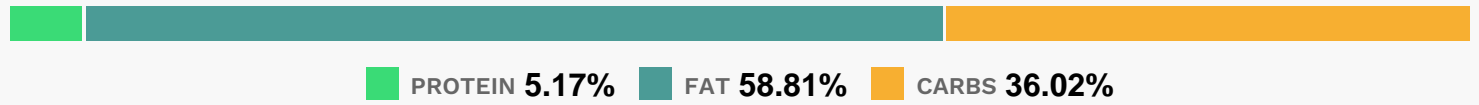
Equipment

- oven
- hand mixer

Directions

- Preheat oven to 350F. Beat cream cheese, cream of coconut, sugar and vanilla with electric mixer on medium speed until well blended.
- Add eggs; mix just until blended.
- Pour into crust.
- Bake 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top with whipped topping and toasted coconut just before serving. Store leftover cheesecake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:7.66, Inflammation Score:-4, Nutrition Score:5.7843478432168%

Nutrients (% of daily need)

Calories: 421.4kcal (21.07%), Fat: 27.87g (42.87%), Saturated Fat: 16.64g (103.97%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 36.89g (13.41%), Sugar: 28.54g (31.71%), Cholesterol: 78.85mg (26.28%), Sodium: 254.93mg (11.08%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 5.51g (11.02%), Manganese: 0.34mg (17.2%), Vitamin A: 667.96IU (13.36%), Vitamin B2: 0.2mg (11.8%), Selenium: 8.25µg (11.79%), Phosphorus: 105.73mg (10.57%), Calcium: 65.74mg (6.57%), Fiber: 1.51g (6.04%), Vitamin E: 0.89mg (5.94%), Folate: 20.11µg (5.03%), Vitamin K: 5.18µg (4.93%), Vitamin B5: 0.46mg (4.58%), Iron: 0.81mg (4.49%), Copper: 0.09mg (4.43%), Zinc: 0.65mg (4.36%), Potassium: 129.98mg (3.71%), Magnesium: 13.95mg (3.49%), Vitamin B12: 0.21µg (3.47%), Vitamin B6: 0.07mg (3.45%), Vitamin B1: 0.05mg (3.39%), Vitamin B3: 0.64mg (3.19%), Vitamin D: 0.18µg (1.17%)