



Piña Colada Cups

READY IN



255 min.

SERVINGS



15

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese spread
- 1 cup baker's angel flake coconut divided toasted
- 8 oreo cookies crushed finely
- 8 oz pineapple in juice crushed undrained canned
- 2 Tbsp sugar
- 2 cups cool whip whipped topping thawed

Equipment

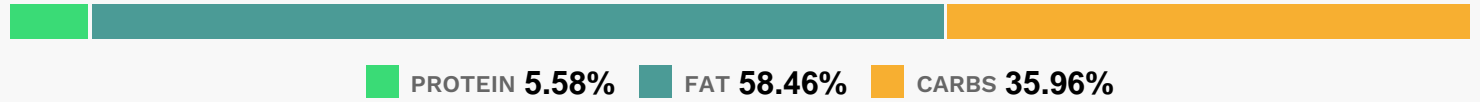
- bowl

- whisk
- muffin liners

Directions

- Spoon cookie crumbs into 12 paper-lined muffin cups.
- Beat cream cheese spread and sugar in large bowl with whisk until blended.
- Add pineapple and 3/4 cup coconut; mix well. Gently stir in COOL WHIP. Spoon into prepared cups; top with remaining coconut.
- Freeze 4 hours or until firm.
- Let stand at room temperature 10 min. before serving to soften slightly.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:2.490434769703%

Nutrients (% of daily need)

Calories: 142.22kcal (7.11%), Fat: 9.49g (14.6%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 11.82g (4.3%), Sugar: 9.6g (10.67%), Cholesterol: 9.57mg (3.19%), Sodium: 104.45mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.2mg (9.95%), Iron: 1.02mg (5.64%), Fiber: 1.31g (5.22%), Copper: 0.08mg (4.19%), Vitamin A: 158.73IU (3.17%), Calcium: 30.5mg (3.05%), Magnesium: 11.08mg (2.77%), Phosphorus: 26.08mg (2.61%), Selenium: 1.69µg (2.42%), Vitamin B1: 0.03mg (2.23%), Potassium: 74.63mg (2.13%), Vitamin K: 2.2µg (2.09%), Vitamin B2: 0.03mg (1.96%), Vitamin C: 1.51mg (1.83%), Vitamin B6: 0.03mg (1.59%), Vitamin E: 0.24mg (1.57%), Folate: 5.47µg (1.37%), Vitamin B3: 0.25mg (1.27%), Zinc: 0.19mg (1.24%)