



Pina Colada Cheesecake

 Popular

READY IN



390 min.

SERVINGS



10

CALORIES



545 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 cup coconut or flaked toasted
- ☐ 1 tablespoon cornstarch
- ☐ 24 ounce cream cheese softened
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 20 ounce dole® pineapple crushed canned
- ☐ 6 ounce dole® pineapple juice canned
- ☐ 0.3 cup jamaican rum dark

- ☐ 2 tablespoons sugar
- ☐ 0.8 teaspoon vanilla extract
- ☐ 1.3 cups vanilla wafer crumbs
- ☐ 2 cups non-dairy whipped topping frozen thawed

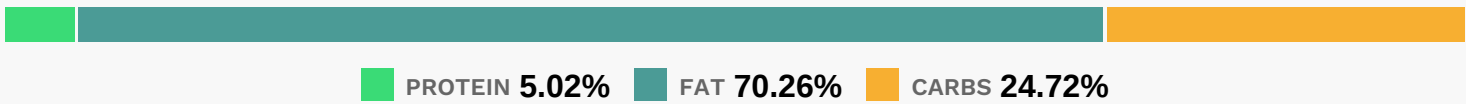
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ springform pan

Directions

- ☐ Combine crumbs, coconut and butter in medium bowl. Press mixture on bottom and sides of 8 or 9-inch springform pan. Chill.
- ☐ Pour juice into small saucepan.
- ☐ Sprinkle gelatin over juice; let stand 5 minutes to soften gelatin. Cook and stir over medium heat until gelatin dissolves; remove from heat. Set aside.
- ☐ Beat together cream cheese and 3/4 cup sugar in large bowl until smooth. Beat in gelatin mixture until well blended. Beat in rum and coconut extract until smooth and blended. Gently fold in whipped topping. Spoon into prepared crust. Chill 6 hours or overnight until set.
- ☐ Combine undrained pineapple, cornstarch and remaining 2 tablespoons sugar in small saucepan. Cook and stir over medium heat until mixture boils and slightly thickens. Chill. Spoon over top of cheesecake before serving.
- ☐ Garnish with additional toasted coconut, if desired.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:11.27, Inflammation Score:-7, Nutrition Score:7.905217440232%

Nutrients (% of daily need)

Calories: 545.39kcal (27.27%), Fat: 42.48g (65.35%), Saturated Fat: 22.99g (143.68%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 31.27g (11.37%), Sugar: 23.28g (25.87%), Cholesterol: 69.16mg (23.05%), Sodium: 392.37mg (17.06%), Alcohol: 2.11g (100%), Alcohol %: 1.33% (100%), Protein: 6.83g (13.66%), Vitamin A: 1360.05IU (27.2%), Manganese: 0.33mg (16.48%), Vitamin B2: 0.23mg (13.67%), Selenium: 8.34µg (11.92%), Phosphorus: 115.77mg (11.58%), Vitamin B1: 0.15mg (10.06%), Fiber: 2.36g (9.43%), Calcium: 94.01mg (9.4%), Vitamin C: 7.18mg (8.7%), Copper: 0.17mg (8.56%), Potassium: 260.6mg (7.45%), Vitamin E: 1.06mg (7.09%), Magnesium: 25.93mg (6.48%), Folate: 25.66µg (6.42%), Vitamin B6: 0.13mg (6.37%), Vitamin B5: 0.48mg (4.76%), Zinc: 0.61mg (4.04%), Vitamin B3: 0.69mg (3.43%), Iron: 0.6mg (3.33%), Vitamin B12: 0.19µg (3.18%), Vitamin K: 2.38µg (2.27%)