



## Piña Colada Cheesecake

READY IN



540 min.

SERVINGS



16

CALORIES



370 kcal

DESSERT

### Ingredients

- 1.8 cups graham cracker crumbs
- 6 tablespoons butter melted
- 24 oz cream cheese softened
- 0.3 cup sugar
- 3 eggs
- 0.8 cup cream of coconut
- 0.3 cup rum light
- 2 teaspoons orange zest grated
- 8 pineapple crushed drained canned

- 0.5 cup pineapple juice
- 2 teaspoons cornstarch
- 0.3 cup sugar
- 8 oz pineapple rings crushed drained canned
- 24 oz mangos refrigerated drained sliced chopped
- 1 leaves mint leaves fresh

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- aluminum foil
- spatula
- springform pan

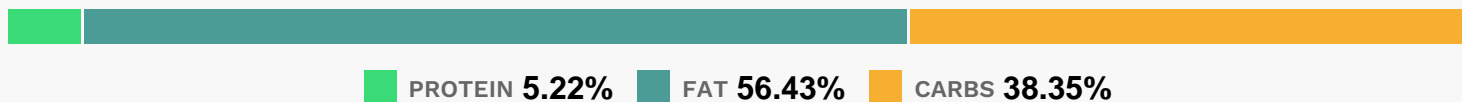
## Directions

- Heat oven to 325°F. Wrap outside bottom and side of 10-inch springform pan with foil to prevent leaking. Spray inside bottom and side of pan with cooking spray. In small bowl, mix crust ingredients. Press crust mixture on bottom of pan.
- Bake 8 to 10 minutes or until set.
- In large bowl, beat cream cheese and 1/4 cup sugar with electric mixer on medium speed until light and fluffy. Beat in eggs; one at a time; just until blended. On low speed, beat in remaining filling ingredients except pineapple. Gently fold in pineapple.
- Pour over crust.
- Bake 1 hour 10 minutes to 1 hour 15 minutes or until edge of cheesecake is set at least 2 inches from edge of pan but center of cheesecake still jiggles slightly when moved. Run small metal spatula around edge of pan to loosen cheesecake. Turn oven off; open oven door at least 4

inches.

- Let cheesecake remain in oven 30 minutes. Cool in pan on cooling rack 30 minutes. Refrigerate at least 6 hours or overnight before serving.
- In 1-quart saucepan, mix reserved pineapple juice plus enough water to equal 2/3 cup, cornstarch, and sugar.
- Heat to boiling over medium heat, stirring constantly. Boil 1 minute, stirring constantly, until slightly thickened. Cool 20 minutes at room temperature.
- In large bowl, toss glaze with pineapple and mango. Spoon onto top of cheesecake.
- Garnish with mint leaves.

## Nutrition Facts



## Properties

Glycemic Index:22.12, Glycemic Load:13.33, Inflammation Score:-7, Nutrition Score:6.7247826379278%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

## Nutrients (% of daily need)

Calories: 369.56kcal (18.48%), Fat: 23.08g (35.5%), Saturated Fat: 11.99g (74.94%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 33.61g (12.22%), Sugar: 27.89g (30.98%), Cholesterol: 73.64mg (24.55%), Sodium: 263.08mg (11.44%), Alcohol: 1.25g (100%), Alcohol %: 1.03% (100%), Protein: 4.8g (9.6%), Vitamin A: 1272.45IU (25.45%), Vitamin C: 17.95mg (21.75%), Vitamin B2: 0.18mg (10.7%), Selenium: 6.56µg (9.37%), Phosphorus: 89.41mg (8.94%), Folate: 32.41µg (8.1%), Fiber: 1.69g (6.76%), Vitamin E: 1mg (6.69%), Calcium: 63.16mg (6.32%), Vitamin B6: 0.12mg (5.85%), Potassium: 185.96mg (5.31%), Vitamin B5: 0.46mg (4.62%), Magnesium: 17.8mg (4.45%), Vitamin B1: 0.07mg (4.42%), Copper: 0.09mg (4.3%), Iron: 0.71mg (3.95%), Zinc: 0.56mg (3.74%), Vitamin B3: 0.74mg (3.69%), Manganese: 0.07mg (3.6%), Vitamin B12: 0.17µg (2.87%), Vitamin K: 2.83µg (2.69%), Vitamin D: 0.17µg (1.1%)