



Piña Colada Cheesecake Bars

READY IN



45 min.

SERVINGS



16

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons coconut flour
- ☐ 2 ounces weight cream cheese fat-free block-style softened
- ☐ 0.8 cup egg substitute
- ☐ 1 cup graham cracker crumbs gluten-free
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 tablespoons lemon zest grated

- ☐ 1 cup cottage cheese 2% low-fat
- ☐ 1 cup pineapple fresh chopped
- ☐ 1 tablespoon pineapple juice
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup coconut shredded unsweetened toasted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water

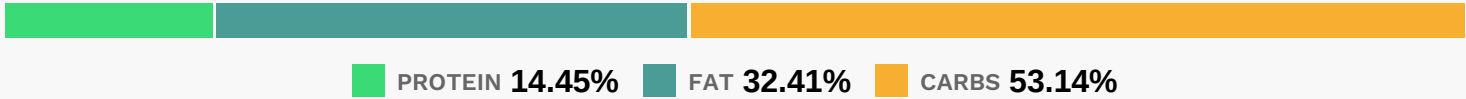
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a bowl.
- ☐ Add butter, oil, and 1 tablespoon water; toss well. Press mixture into bottom of an 8-inch square metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes. Cool completely on a wire rack.
- ☐ Place cottage cheese and next 7 ingredients in a food processor; process until smooth.
- ☐ Add egg substitute, and process until blended.
- ☐ Spread cheese mixture over cooled crust.
- ☐ Bake at 350 for 33 minutes or until set. Cool 10 minutes on a wire rack. Refrigerate 2 hours or until thoroughly chilled. Top with pineapple and coconut.
- ☐ Cut into 16 bars.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:7.95, Inflammation Score:-1, Nutrition Score:3.3573912874512%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 111.87kcal (5.59%), Fat: 4.1g (6.31%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 14.19g (5.16%), Sugar: 11.08g (12.31%), Cholesterol: 4.75mg (1.58%), Sodium: 155.62mg (6.77%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 4.11g (8.23%), Selenium: 6.47µg (9.24%), Manganese: 0.16mg (8.2%), Vitamin C: 6.19mg (7.5%), Phosphorus: 60.75mg (6.07%), Vitamin B2: 0.1mg (5.66%), Fiber: 0.94g (3.76%), Calcium: 36.84mg (3.68%), Iron: 0.6mg (3.31%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.16µg (2.73%), Vitamin B1: 0.04mg (2.67%), Vitamin E: 0.39mg (2.57%), Vitamin B6: 0.05mg (2.52%), Zinc: 0.37mg (2.46%), Folate: 9.63µg (2.41%), Magnesium: 9.29mg (2.32%), Potassium: 79.46mg (2.27%), Copper: 0.03mg (1.73%), Vitamin A: 83.1IU (1.66%), Vitamin B3: 0.31mg (1.57%), Vitamin D: 0.18µg (1.2%)