



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 all-purpose
- ☐ 2 ounces cream cheese fat-free block-style softened
- ☐ 0.8 cup egg substitute
- ☐ 1 cup graham cracker crumbs
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 tablespoons lemon rind grated

- ☐ 1 cup curd 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 or shredded unsweetened toasted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

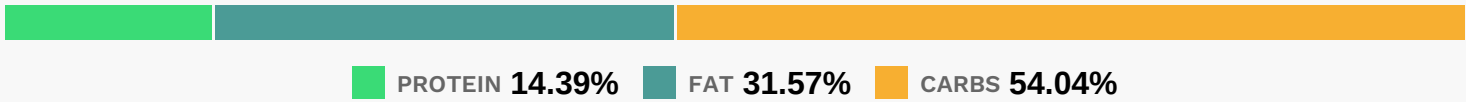
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, combine first 4 ingredients in a bowl.
- ☐ Add butter, oil, and 1 tablespoon water; toss well. Press mixture into the bottom of an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes. Cool completely on a wire rack.
- ☐ To prepare filling, combine cottage cheese and the next 7 ingredients (through salt) in a food processor, and 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 for 10 minutes on a wire rack. Refrigerate for 2 hours or until thoroughly chilled. Top with pineapple and coconut.

☐ Cut into 16 bars.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:8.47, Inflammation Score:-1, Nutrition Score:3.4278260858163%

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: 111.58kcal (5.58%), Fat: 3.99g (6.13%), Saturated Fat: 2g (12.47%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.69g (5.34%), Sugar: 11.02g (12.25%), Cholesterol: 4.75mg (1.58%), Sodium: 153.79mg (6.69%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 4.09g (8.17%), Selenium: 6.78µg (9.69%), Manganese: 0.17mg (8.52%), Vitamin C: 6.19mg (7.5%), Phosphorus: 61.76mg (6.18%), Vitamin B2: 0.1mg (5.94%), Calcium: 36.98mg (3.7%), Iron: 0.62mg (3.43%), Vitamin B1: 0.05mg (3.16%), Vitamin B5: 0.29mg (2.9%), Folate: 11.34µg (2.84%), Vitamin B12: 0.16µg (2.73%), Fiber: 0.66g (2.63%), Vitamin E: 0.39mg (2.58%), Vitamin B6: 0.05mg (2.54%), Zinc: 0.38mg (2.5%), Magnesium: 9.5mg (2.37%), Potassium: 80.46mg (2.3%), Vitamin B3: 0.37mg (1.84%), Copper: 0.04mg (1.8%), Vitamin A: 83.1IU (1.66%), Vitamin D: 0.18µg (1.2%)