




Pina Colada Cheesecake Squares


 Very Healthy

READY IN




240 min.

SERVINGS



1

CALORIES



6457 kcal

DESSERT

Ingredients

- 0.3 cup butter melted ()
- 16 oz pineapple divided crushed undrained canned
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 1.5 cups baker's angel flake coconut divided
- 1.5 cups graham cracker crumbs
- 1.3 cups sugar divided
- 1 tsp vanilla

Equipment

- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350F.
- Mix graham crumbs, 1 cup of the coconut, 1/4 cup of the sugar and the butter. Press firmly onto bottom of 13x9-inch baking pan.
- Beat cream cheese, remaining 1 cup sugar and the vanilla with electric mixer on medium speed until well blended.
- Add eggs; beat just until blended. Stir in 1 can of the undrained pineapple.
- Pour over crust.
- Bake 40 minutes or until center is almost set. Cool. Refrigerate several hours or overnight.
- Cut into 24 squares.
- Drain remaining can of pineapple. Top each square with about 2 tsp. of the pineapple and 1 tsp. of the remaining 1/2 cup coconut just before serving. Store leftover dessert squares in refrigerator.

Nutrition Facts

 **PROTEIN 5.94%**  **FAT 63.97%**  **CARBS 30.09%**

Properties

Glycemic Index:171.09, Glycemic Load:255.93, Inflammation Score:-10, Nutrition Score:74.88913063381%

Nutrients (% of daily need)

Calories: 6457.35kcal (322.87%), Fat: 470.67g (724.11%), Saturated Fat: 273.19g (1707.45%), Carbohydrates: 498.13g (166.04%), Net Carbohydrates: 467.17g (169.88%), Sugar: 387.83g (430.92%), Cholesterol: 1570.98mg (523.66%), Sodium: 4518.56mg (196.46%), Alcohol: 1.44g (100%), Alcohol %: 0.09% (100%), Protein: 98.37g (196.75%), Vitamin A: 15390.63IU (307.81%), Selenium: 158.95µg (227.07%), Vitamin B2: 3.49mg (205.21%), Phosphorus: 1881.39mg (188.14%), Manganese: 3.67mg (183.43%), Fiber: 30.96g (123.85%), Calcium: 1203.78mg

(120.38%), Copper: 1.85mg (92.43%), Magnesium: 362.1mg (90.53%), Vitamin B5: 8.94mg (89.38%), Potassium: 2953.21mg (84.38%), Vitamin B6: 1.66mg (83.11%), Iron: 14.91mg (82.86%), Zinc: 12.3mg (81.98%), Vitamin E: 12.06mg (80.41%), Vitamin B1: 1.11mg (74.11%), Folate: 257.05µg (64.26%), Vitamin B12: 3.62µg (60.32%), Vitamin C: 44.66mg (54.14%), Vitamin B3: 7.81mg (39.04%), Vitamin D: 3.52µg (23.47%), Vitamin K: 23.14µg (22.03%)