



Pineapple Cheesecake Dessert

READY IN



210 min.

SERVINGS



30

CALORIES



160 kcal

DESSERT

Ingredients

- 3 Tbsp butter melted
- 24 oz philadelphia cream cheese spread
- 2 cups baker's angel flake coconut
- 3 Tbsp flour
- 0.3 oz env. knox gelatine unflavored
- 0.5 cup planters pecans finely chopped
- 20 oz pineapple in juice with 1/2 cup juice reserved crushed drained canned
- 0.5 cup sugar
- 0.3 cup water cold

8 oz cool whip whipped topping thawed

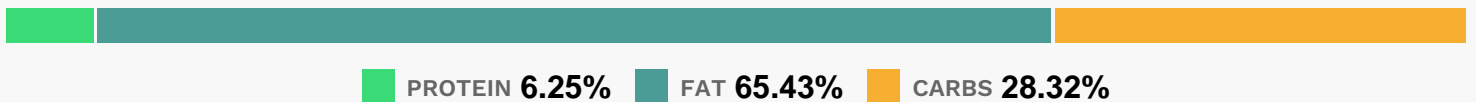
Equipment

- bowl
- sauce pan
- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Combine coconut, nuts, flour and butter; press onto bottom of 13x9-inch baking dish.
- Bake 15 min.
- Meanwhile, sprinkle gelatine over water in small saucepan; let stand 1 min. Cook on low heat 5 min. or until gelatin is completely dissolved, stirring occasionally.
- Beat cream cheese spread and sugar in large bowl with mixer until blended. Gradually beat in gelatine and reserved pineapple juice. Gently stir in pineapple and COOL WHIP; pour over crust. Refrigerate 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:2.75, Inflammation Score:-2, Nutrition Score:2.4517391570236%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 159.74kcal (7.99%), Fat: 11.92g (18.33%), Saturated Fat: 7.59g (47.47%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 10.26g (3.73%), Sugar: 8.99g (9.99%), Cholesterol: 14.21mg (4.74%), Sodium: 126.77mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Manganese: 0.24mg (11.76%), Vitamin A: 281.5IU (5.63%), Fiber: 1.35g (5.39%), Copper: 0.09mg (4.63%), Calcium: 38.99mg (3.9%), Vitamin B1: 0.04mg (2.74%), Magnesium: 10.74mg (2.68%), Selenium: 1.74µg (2.48%), Phosphorus: 24.39mg (2.44%), Vitamin C: 1.88mg (2.28%), Potassium: 70.1mg (2%), Iron: 0.33mg (1.83%), Vitamin B6: 0.04mg (1.83%), Zinc: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.41%)