



Solving for Pi Cheesecake

READY IN



60 min.

SERVINGS



6

CALORIES



770 kcal

SIDE DISH

Ingredients

- 14.1 oz pie crust dough refrigerated softened (2 Count)
- 0.5 cup graham cracker crumbs (8 squares)
- 0.3 cup sugar
- 0.3 butter melted
- 8 oz cream cheese softened
- 6 oz vanilla yogurt fat free french 99% yoplait®
- 0.3 cup sugar
- 0.5 teaspoon vanilla
- 1 medium mangos ripe peeled chopped

- 2 tablespoons sugar
- 3 cups raspberries fresh thawed drained (and)
- 3 tablespoons sugar
- 0.7 oz popcorn kernels
- 24 raspberries fresh
- 0.5 cup semi chocolate chips
- 1 teaspoon shortening

Equipment

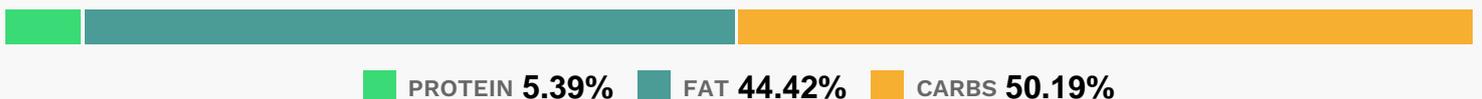
- food processor
- bowl
- baking sheet
- baking paper
- oven
- sieve
- blender
- hand mixer
- ziploc bags
- microwave
- measuring cup
- pastry bag

Directions

- Heat oven to 425°F. Line cookie sheet with cooking parchment paper.
- Remove pie crust from pouch; unroll on work surface. With 5-inch round cutter, cut 4 rounds from crust.
- Cut each round into 6 triangles. In small shallow bowl, mix cracker crumbs and 1/4 cup sugar. Dip both sides of pie crust triangles into butter; dip into crumb mixture, coating both sides.
- Place on parchment-lined cookie sheet.

- Bake 8 to 10 minutes or until golden brown. Cool while preparing remaining ingredients.
- In medium bowl, beat cream cheese, yogurt, 1/3 cup sugar and the vanilla with electric mixer on high speed until light and fluffy. Cover and refrigerate until ready to use.
- In blender or food processor, place mango sauce ingredients. Cover; blend on high speed about 30 seconds or until smooth. If sauce is too thick, add up to 1 tablespoon water. Spoon into plastic squeeze bottle, pastry bag or resealable food-storage plastic bag.
- Cut small tip or corner off pastry bag or plastic bag for piping. Store covered in refrigerator until ready to use.
- In blender or food processor, place raspberry sauce ingredients. Cover; blend on high speed about 30 seconds or until smooth. Press through fine strainer to remove seeds. Spoon into plastic squeeze bottle, pastry bag or resealable food-storage plastic bag.
- Cut small tip or corner off pastry bag or plastic bag for piping. Store covered in refrigerator until ready to use.
- Line another cookie sheet with waxed paper. In 1-cup microwavable measuring cup, microwave chocolate chips and shortening uncovered on Medium (50%) 30 seconds. Stir; microwave in additional 10-second increments, stirring after each, until melted and smooth.
- Place chocolate in small resealable food-storage plastic bag; seal bag.
- Cut off tiny corner of bag. Squeeze bag to pipe 24 pi symbols on waxed paper. Refrigerate 10 minutes to set chocolate. Set aside.
- To assemble, place desired number of pie crust triangles in row on serving platter. Decoratively spoon dollops of cream cheese filling, and pipe mango and raspberry sauces on serving platter as desired.
- Garnish with popping candy, fresh raspberries and chocolate pi symbols.
- To eat, pick up crust piece and slide it across platter scooping up sauces and filling as desired.

Nutrition Facts



Properties

Glycemic Index:89.19, Glycemic Load:28.24, Inflammation Score:-8, Nutrition Score:16.819565379101%

Flavonoids

Cyanidin: 31.16mg, Cyanidin: 31.16mg, Cyanidin: 31.16mg, Cyanidin: 31.16mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.67mg, Pelargonidin: 0.67mg, Pelargonidin: 0.67mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 769.96kcal (38.5%), Fat: 38.54g (59.3%), Saturated Fat: 16.82g (105.11%), Carbohydrates: 98g (32.67%), Net Carbohydrates: 89.53g (32.56%), Sugar: 51.11g (56.79%), Cholesterol: 39.76mg (13.25%), Sodium: 457.2mg (19.88%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.9mg (4.3%), Protein: 10.52g (21.04%), Manganese: 1.02mg (50.83%), Vitamin C: 30.57mg (37.06%), Fiber: 8.47g (33.89%), Folate: 86.86µg (21.71%), Phosphorus: 209.2mg (20.92%), Iron: 3.67mg (20.36%), Vitamin B2: 0.32mg (18.92%), Vitamin A: 916.33IU (18.33%), Copper: 0.36mg (17.9%), Vitamin B1: 0.27mg (17.7%), Magnesium: 70.46mg (17.62%), Selenium: 10.53µg (15.04%), Vitamin B3: 2.94mg (14.7%), Vitamin K: 14.24µg (13.56%), Calcium: 128.55mg (12.85%), Potassium: 437.24mg (12.49%), Vitamin E: 1.7mg (11.32%), Zinc: 1.64mg (10.92%), Vitamin B5: 0.84mg (8.4%), Vitamin B6: 0.17mg (8.27%), Vitamin B12: 0.24µg (4.06%)