



Tropical Cheesecake

READY IN



45 min.

SERVINGS



12

CALORIES



352 kcal

DESSERT

Ingredients

- 1 teaspoon coconut extract
- 0.5 cup cream of coconut
- 1 tablespoon egg white
- 3 eggs
- 0.3 cup flour all-purpose
- 1 teaspoon gelatin powder unflavored
- 3 kiwifruit peeled thinly sliced
- 1 cup heavy whipping cream sour low-fat
- 0.5 cup mangos cubed peeled

- 1 tablespoon butter softened
- 8 ounce block neufchâtel cheese softened
- 1.8 cups nonfat cottage cheese
- 0.8 cup pineapple-orange-banana juice concentrate undiluted
- 6 strawberries halved
- 0.3 cup sugar
- 0.5 cup sugar
- 1.7 cups vanilla wafer crumbs (36 cookies)
- 0.5 cup water

Equipment

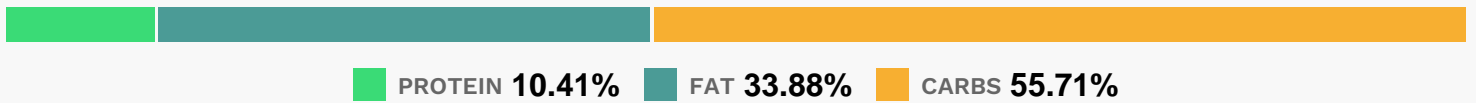
- food processor
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- blender
- springform pan

Directions

- Preheat oven to 35
- Place first 3 ingredients in a bowl; beat at medium speed of a mixer until smooth.
- Add crumbs; stir well. Press mixture into bottom and 1 1/2 inches up sides of a 9-inch springform pan coated with cooking spray.
- Bake at 350 for 12 minutes; let cool on a wire rack.
- Preheat oven to 30
- Place cheeses in a food processor; process 2 minutes or until smooth, scraping sides of processor bowl once.

- Add sour cream and next 5 ingredients (sour cream through eggs); process 20 seconds, scraping sides of processor bowl once.
- Pour cheese mixture into prepared pan; bake at 300 for 1 1/2 hours or until almost set. Turn oven off, and let cheesecake stand for 1 hour in oven with door closed.
- Remove cheesecake from oven; cover and chill 1 hour.
- Combine juice concentrate and 1/2 cup water in a small saucepan.
- Sprinkle gelatin over concentrate mixture; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves.
- Place pan in a large ice-filled bowl; stir gelatin mixture 10 minutes or until cooled to room temperature.
- Pour gelatin mixture over cheesecake, spreading evenly. Cover and chill at least 8 hours.
- Serve with fresh fruit.
- Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:20.71, Inflammation Score:-5, Nutrition Score:9.8521739399951%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 351.77kcal (17.59%), Fat: 13.39g (20.6%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 47.76g (17.37%), Sugar: 35.44g (39.38%), Cholesterol: 64.07mg (21.36%), Sodium: 301.76mg (13.12%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 9.26g (18.51%), Vitamin C: 48.94mg (59.32%), Vitamin B2: 0.28mg (16.18%), Phosphorus: 154.89mg (15.49%), Folate: 55.24µg (13.81%), Selenium: 9.15µg (13.08%), Vitamin B1: 0.17mg (11.14%), Calcium: 101.54mg (10.15%), Vitamin A: 487.75IU (9.76%), Vitamin K: 10.12µg (9.64%), Potassium: 326.15mg (9.32%), Fiber: 1.78g (7.14%), Vitamin B12: 0.39µg (6.48%), Vitamin B5: 0.6mg (6.02%), Vitamin B6: 0.11mg (5.4%), Magnesium: 21.04mg (5.26%), Vitamin E: 0.77mg (5.14%), Vitamin B3: 1.01mg (5.05%), Copper: 0.09mg (4.57%), Manganese: 0.09mg (4.52%), Zinc: 0.64mg (4.29%), Iron: 0.56mg (3.12%), Vitamin D: 0.26µg (1.72%)