



Tropical Creamy Dessert

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



201 kcal

DESSERT

Ingredients

- 0.3 cup firmly brown sugar packed
- 8 oz philadelphia cream cheese softened
- 0.5 cup baker's angel flake coconut toasted
- 4 cups fruit fresh such as papaya, strawberries, pineapple and mango assorted chopped
- 1 Tbsp juice of lemon fresh
- 1 tsp lemon zest grated
- 0.5 cup tang orange flavor drink mix prepared
- 14 oz condensed milk sweetened canned

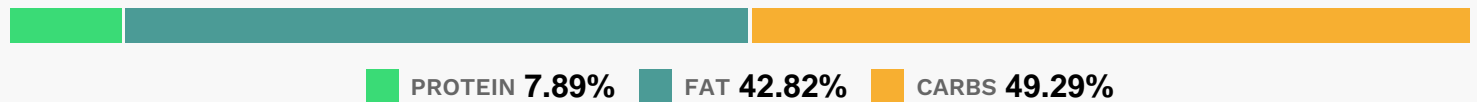
Equipment

- bowl
- hand mixer

Directions

- Beat cream cheese in small bowl with electric mixer on medium speed until creamy.
- Add milk, lemon peel and juice; mix well.
- Spoon evenly into 8 dessert glasses; cover. Refrigerate at least 1 hour.
- Place fruit in medium bowl.
- Add sugar and prepared orange drink; toss to coat. Spoon evenly over desserts; sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:9.88, Inflammation Score:-4, Nutrition Score:6.0717391281024%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 200.89kcal (10.04%), Fat: 9.85g (15.15%), Saturated Fat: 6.33g (39.58%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.25g (8.82%), Sugar: 22.62g (25.13%), Cholesterol: 25.27mg (8.42%), Sodium: 100.43mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin C: 23.99mg (29.08%), Manganese: 0.24mg (12.08%), Vitamin B2: 0.19mg (11.45%), Phosphorus: 113.33mg (11.33%), Calcium: 112.39mg (11.24%), Selenium: 6.62µg (9.46%), Potassium: 229.96mg (6.57%), Vitamin A: 287.77IU (5.76%), Magnesium: 20.07mg (5.02%), Fiber: 1.25g (5%), Folate: 15.91µg (3.98%), Vitamin B1: 0.06mg (3.97%), Vitamin B5: 0.39mg (3.88%), Vitamin B6: 0.07mg (3.39%), Zinc: 0.48mg (3.19%), Vitamin B12: 0.18µg (3.05%), Copper: 0.06mg (2.9%), Vitamin B3: 0.46mg (2.29%), Vitamin E: 0.31mg (2.09%), Iron: 0.38mg (2.09%), Vitamin K: 1.55µg (1.48%)