



## Tropical Dream Pie

 Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



144 kcal

### Ingredients

- 0.5 cup baker's angel flake coconut toasted
- 6 oz ready-to-use graham cracker crumb crust
- 0.3 cup planters macadamias chopped
- 10 oz pineapple spread kraft
- 8 oz dole pineapple tidbits drained canned
- 8 oz cool whip whipped topping thawed

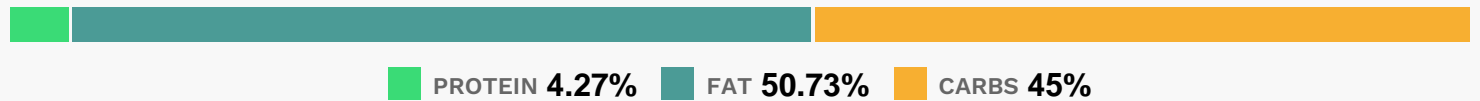
### Equipment

- bowl

## Directions

- Mix pineapple, pineapple spread and nuts in medium bowl until well blended. Gently stir in whipped topping.
- Spoon into crust.
- Refrigerate several hours or overnight.
- Sprinkle with coconut just before serving. Store leftover pie in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.58, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:3.9834782610769%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 143.94kcal (7.2%), Fat: 8.35g (12.85%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 15.34g (5.58%), Sugar: 9.95g (11.05%), Cholesterol: 0.3mg (0.1%), Sodium: 65.8mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Manganese: 0.49mg (24.56%), Vitamin C: 10.52mg (12.76%), Vitamin B1: 0.08mg (5.51%), Fiber: 1.33g (5.32%), Copper: 0.1mg (5.16%), Phosphorus: 37.06mg (3.71%), Magnesium: 13.66mg (3.41%), Iron: 0.58mg (3.24%), Vitamin B2: 0.05mg (3.14%), Folate: 12.48µg (3.12%), Vitamin K: 3.2µg (3.05%), Vitamin B3: 0.59mg (2.95%), Vitamin B6: 0.06mg (2.94%), Potassium: 91.04mg (2.6%), Calcium: 21.53mg (2.15%), Vitamin E: 0.32mg (2.11%), Selenium: 1.34µg (1.92%), Zinc: 0.28mg (1.87%)