



Tropical Layered Dessert

READY IN



345 min.

SERVINGS



45

CALORIES



97 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 8 oz philadelphia cream cheese softened
- 0.5 cup baker's angel flake coconut toasted
- 16 oz tropical fruit cocktail drained canned
- 1.5 cups graham cracker crumbs
- 2 Tbsp milk
- 6 oz jell-o island pineapple flavor gelatin
- 8 oz pineapple in juice crushed drained canned
- 0.5 cup sugar divided

- 1.5 cups water cold
- 2 cups water boiling
- 8 oz cool whip whipped topping divided thawed

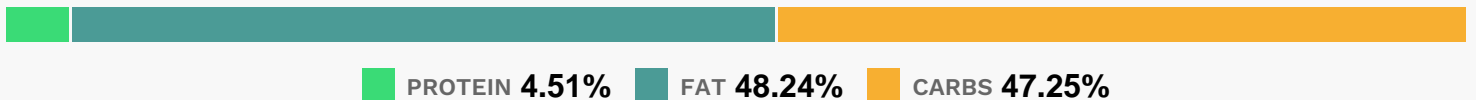
Equipment

- bowl
- frying pan
- whisk

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in cold water.
- Add fruit cocktail; mix well. Refrigerate 1-1/4 hours or until slightly thickened (consistency of unbeaten egg whites).
- Mix graham crumbs, coconut, butter and 1/4 cup sugar; press onto bottom of 13x9-inch pan. Refrigerate until ready to use.
- Beat cream cheese, remaining sugar and milk in large bowl with whisk until blended. Gently stir in 2 cups COOL WHIP and pineapple.
- Spread evenly over crust. Spoon gelatin mixture over cream cheese layer. Refrigerate 4 hours or until firm.
- Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:1.2134782550452%

Nutrients (% of daily need)

Calories: 97.3kcal (4.86%), Fat: 5.35g (8.24%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 11.39g (4.14%), Sugar: 9.72g (10.8%), Cholesterol: 5.27mg (1.76%), Sodium: 81.51mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin A: 186.2IU (3.72%), Phosphorus: 24.77mg (2.48%),

Manganese: 0.04mg (2.09%), Vitamin B2: 0.03mg (1.8%), Fiber: 0.42g (1.66%), Selenium: 1.08µg (1.54%), Copper: 0.03mg (1.49%), Calcium: 14.6mg (1.46%), Vitamin E: 0.2mg (1.35%), Magnesium: 4.98mg (1.25%), Iron: 0.21mg (1.15%), Potassium: 39.42mg (1.13%), Vitamin B1: 0.02mg (1.12%)