



Tropical PHILADELPHIA® Cheesecake

READY IN



210 min.

SERVINGS



12

CALORIES



292 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 1 cup baker's angel flake coconut
- 2 Tbsp flour
- 3 drops food coloring green
- 1 env. knox gelatine unflavored
- 0.3 cup juice of lime
- 1 tsp lime zest grated
- 2 Tbsp butter melted
- 0.8 cup sugar

- 0.3 cup water
- 8 oz cool whip whipped topping thawed

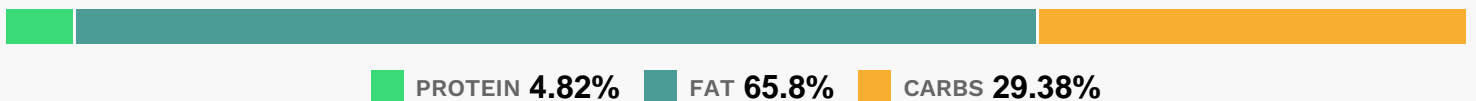
Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- hand mixer
- spatula
- springform pan

Directions

- Preheat oven to 350F.
- Mix coconut, flour and margarine. Press firmly onto bottom of 9-inch springform pan.
- Bake 12 to 15 minutes or until very lightly browned.
- Meanwhile, soften gelatine in water in small saucepan; let stand 1 minute. Cook on low heat 5 minutes or until gelatine is completely dissolved, stirring occasionally. Set aside. Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended.
- Add dissolved gelatine, lime zest, juice and food coloring; mix well. Gently stir in whipped topping; pour over crust.
- Refrigerate 3 hours or until firm. When ready to serve, run knife or metal spatula around rim of pan to loosen cake; remove rim of pan. Store leftover cheesecake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:9.98, Inflammation Score:-4, Nutrition Score:3.8430434413578%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 292.42kcal (14.62%), Fat: 21.98g (33.82%), Saturated Fat: 14.22g (88.85%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.88g (7.59%), Sugar: 18.97g (21.08%), Cholesterol: 38.56mg (12.85%), Sodium: 157.59mg (6.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin A: 607.7IU (12.15%), Manganese: 0.21mg (10.43%), Selenium: 5.55µg (7.93%), Phosphorus: 71.68mg (7.17%), Vitamin B2: 0.12mg (7.14%), Calcium: 53.89mg (5.39%), Fiber: 1.21g (4.85%), Copper: 0.07mg (3.59%), Vitamin E: 0.54mg (3.57%), Potassium: 116.1mg (3.32%), Magnesium: 11.93mg (2.98%), Vitamin B5: 0.29mg (2.86%), Vitamin B6: 0.05mg (2.45%), Zinc: 0.37mg (2.43%), Vitamin B12: 0.12µg (2.05%), Iron: 0.37mg (2.04%), Vitamin C: 1.67mg (2.03%), Vitamin B1: 0.03mg (1.87%), Folate: 7.46µg (1.86%), Vitamin K: 1.45µg (1.39%)