

## American Berry No-Bake Cheesecake

READY IN



195 min.

SERVINGS



8

CALORIES



394 kcal

DESSERT

### Ingredients

- 0.3 cup blueberries
- 16 oz philadelphia cream cheese softened
- 6 oz ready-to-use graham cracker crumb crust
- 2 cups strawberries fresh halved
- 0.3 cup sugar
- 2 cups cool whip whipped topping thawed

### Equipment

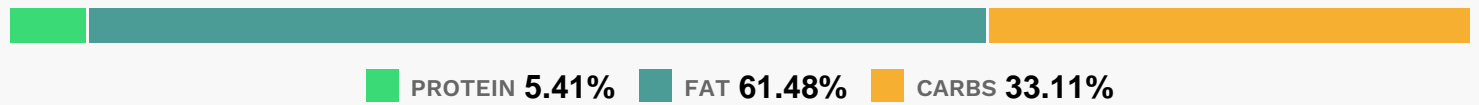
- bowl

- whisk
- blender

## Directions

- Beat cream cheese and sugar in large bowl with mixer until well blended.
- Whisk in COOL WHIP.
- Spoon into crust.
- Refrigerate 3 hours or until set. Arrange berries on cheesecake to resemble flag.

## Nutrition Facts



## Properties

Glycemic Index:22.14, Glycemic Load:7.78, Inflammation Score:-6, Nutrition Score:7.508695602417%

## Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 1.98mg, Petunidin: 1.98mg, Petunidin: 1.98mg, Petunidin: 1.98mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Nutrients (% of daily need)

Calories: 394.09kcal (19.7%), Fat: 27.39g (42.14%), Saturated Fat: 14.64g (91.51%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 31.91g (11.6%), Sugar: 21.1g (23.44%), Cholesterol: 57.64mg (19.21%), Sodium: 292.18mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin C: 21.77mg (26.38%), Manganese: 0.44mg (21.99%), Vitamin A: 783.21IU (15.66%), Vitamin B2: 0.2mg (12.04%), Phosphorus: 108.8mg (10.88%),

Selenium: 6.08µg (8.68%), Calcium: 80.69mg (8.07%), Vitamin K: 8.41µg (8.01%), Vitamin E: 1.11mg (7.43%), Folate: 28.5µg (7.12%), Fiber: 1.27g (5.09%), Potassium: 177.8mg (5.08%), Vitamin B3: 0.92mg (4.6%), Vitamin B1: 0.07mg (4.46%), Iron: 0.8mg (4.46%), Zinc: 0.63mg (4.19%), Vitamin B5: 0.41mg (4.14%), Magnesium: 16.36mg (4.09%), Copper: 0.08mg (4.04%), Vitamin B6: 0.07mg (3.59%), Vitamin B12: 0.16µg (2.7%)