



Berry-Lemon Cheesecake Squares

READY IN



80 min.

SERVINGS



8

CALORIES



424 kcal

DESSERT

Ingredients

- 1 cup blackberries fresh
- 0.5 cup blueberries fresh
- 8 oz cream cheese softened
- 1 teaspoons lemon zest grated
- 1 teaspoon milk
- 0.5 cup raspberries fresh
- 1 box pie crust dough refrigerated softened
- 0.3 cup sugar
- 2 teaspoons sugar

0.5 cup whipping cream




Equipment

- bowl
- baking sheet
- oven
- hand mixer
- cookie cutter
- rolling pin

Directions

- Heat oven to 450F. Unroll crusts on lightly floured work surface. With rolling pin, roll each crust to 11 1/2 inches in diameter.
- Cut 1 (8 1/2-inch) square out of center of each round.
- Cut 4 squares from each large square, making 8 (4 1/4-inch) squares. Fold up all sides of each square 1/2 inch and roll inward to form thick crust edge.
- Brush edges with milk; sprinkle with 2 teaspoons sugar.
- Place on ungreased large cookie sheet.
- Bake 6 to 8 minutes or until light golden brown. Cool completely, about 10 minutes.
- Using small cookie cutters, cut shapes out of crust scraps.
- Place on ungreased cookie sheet.
- Bake 2 to 3 minutes or until lightly browned. Cool completely, about 5 minutes.
- Meanwhile, in small bowl, beat whipping cream with electric mixer on high speed until stiff peaks form. In another small bowl, beat cream cheese, 1/4 cup sugar and the lemon peel on medium speed until fluffy. Fold in whipped cream. Spoon rounded 3 tablespoons mixture into each pastry square. Arrange berries and crust cutouts over filling. Cover and refrigerate any remaining squares.

Nutrition Facts

 **PROTEIN 5.3%**  **FAT 59.62%**  **CARBS 35.08%**

Properties

Glycemic Index:37.02, Glycemic Load:6.24, Inflammation Score:-5, Nutrition Score:7.3943478387335%

Flavonoids

Cyanidin: 22.21mg, Cyanidin: 22.21mg, Cyanidin: 22.21mg, Cyanidin: 22.21mg Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 423.62kcal (21.18%), Fat: 28.37g (43.64%), Saturated Fat: 13.25g (82.79%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 34.61g (12.59%), Sugar: 10.91g (12.12%), Cholesterol: 45.52mg (15.17%), Sodium: 298.21mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Manganese: 0.42mg (21.11%), Vitamin A: 647.02IU (12.94%), Fiber: 2.94g (11.76%), Vitamin B2: 0.19mg (11.29%), Folate: 44.81µg (11.2%), Vitamin B1: 0.16mg (10.46%), Vitamin K: 10.66µg (10.15%), Iron: 1.54mg (8.56%), Vitamin C: 7.05mg (8.55%), Selenium: 5.89µg (8.41%), Phosphorus: 82.87mg (8.29%), Vitamin B3: 1.59mg (7.93%), Vitamin E: 0.94mg (6.27%), Calcium: 55.64mg (5.56%), Vitamin B5: 0.49mg (4.91%), Copper: 0.09mg (4.34%), Potassium: 149.14mg (4.26%), Magnesium: 17.01mg (4.25%), Zinc: 0.55mg (3.65%), Vitamin B6: 0.06mg (3.06%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.09µg (1.49%)