



Blackberry Cheesecake Bites

READY IN



275 min.

SERVINGS



36

CALORIES



144 kcal

DESSERT

Ingredients

- ☐ 15 graham cracker squares
- ☐ 0.5 cup almonds sliced
- ☐ 1.3 cups sugar
- ☐ 0.3 cup butter melted
- ☐ 24 oz cream cheese softened
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 0.3 cup garnish: blackberry jam seedless

- ☐ 36 blackberries fresh
- ☐ 1 leaves mint leaves fresh

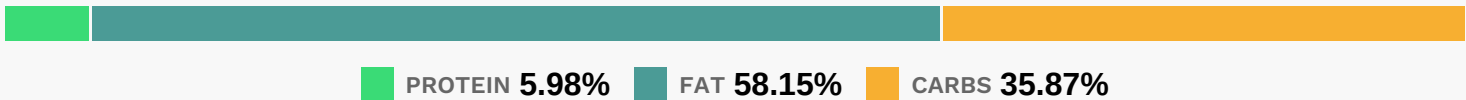
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 9-inch square pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan; spray foil with cooking spray. In food processor, place crackers, almonds and 1/4 cup of the sugar. Cover; process until finely ground.
- ☐ Add melted butter. Cover; process until mixture looks like wet sand. Press in bottom of pan.
- ☐ Bake 10 to 12 minutes or until golden brown. Cool. Meanwhile, in large bowl, beat cream cheese, remaining 1 cup sugar, the flour and vanilla with electric mixer on medium speed until smooth. On low speed, beat in eggs, one at a time, just until blended.
- ☐ Pour over crust.
- ☐ Spoon small dollops of jam over filling; swirl with knife.
- ☐ Bake 35 to 40 minutes or until set. Cool in pan on cooling rack 1 hour. Cover; refrigerate 2 hours. Use foil to lift out of pan.
- ☐ Cut into 6 rows by 6 rows. Top each cheesecake bite with 1 blackberry and mint leaf. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.34, Glycemic Load:8.14, Inflammation Score:-3, Nutrition Score:2.19999999906706%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 144.46kcal (7.22%), Fat: 9.51g (14.63%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 12.79g (4.65%), Sugar: 10.02g (11.13%), Cholesterol: 32.73mg (10.91%), Sodium: 104.72mg (4.55%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.2g (4.4%), Vitamin A: 353.16IU (7.06%), Vitamin B2: 0.09mg (5.23%), Selenium: 3.06µg (4.37%), Phosphorus: 41.5mg (4.15%), Vitamin E: 0.62mg (4.14%), Calcium: 28.12mg (2.81%), Manganese: 0.05mg (2.49%), Magnesium: 8.01mg (2%), Vitamin B5: 0.18mg (1.8%), Folate: 6.96µg (1.74%), Zinc: 0.25mg (1.7%), Iron: 0.3mg (1.69%), Fiber: 0.41g (1.64%), Potassium: 51.84mg (1.48%), Copper: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.3%), Vitamin B12: 0.08µg (1.27%), Vitamin B6: 0.02mg (1.16%), Vitamin B3: 0.22mg (1.08%)