



Blackberry Cheesecake Cups

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 1 pint blackberries
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup graham cracker crumbs
- ☐ 1 teaspoon lemon zest grated
- ☐ 16 oz cream cheese at room temperature reduced-fat
- ☐ 0.5 cup greek yogurt plain low-fat

- ☐ 0.5 cup raspberry jam seedless
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla extract

Equipment

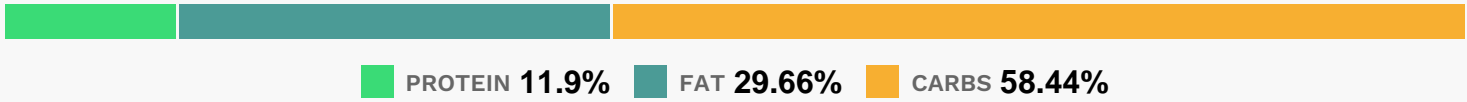
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Place a rack in center of oven and another 2 rungs below; preheat to 325F. Fill a 9-by-13-inch baking pan with 1 inch water. Line a 12-cup muffin tin with cupcake liners and mist with cooking spray.
- ☐ Mix graham cracker crumbs, 2 Tbsp. sugar and 1 egg white in a bowl until evenly moistened. Spoon 2 rounded teaspoonfuls into each muffin cup. Press evenly to form a firm crust.
- ☐ Bake until golden and slightly puffed, 5 to 8 minutes.
- ☐ Let cool on a wire rack.
- ☐ Using an electric mixer on low speed, beat cream cheese in a bowl until smooth. In a separate bowl, mix remaining 6 Tbsp. sugar, flour and lemon zest; add to cream cheese.
- ☐ Mix on low speed until just combined. Scrape down sides of bowl. On medium speed, mix in yogurt, vanilla, whole egg and remaining 2 egg whites, one at a time, until smooth. Divide cream cheese mixture among muffin cups (about 1/4 cup for each).
- ☐ Place pan on middle oven rack.
- ☐ Place baking pan filled with water on rack below.
- ☐ Bake until cheesecakes are slightly puffed, 25 to 30 minutes.

- ☐
- Let cool to room temperature in pan on a wire rack, then refrigerate for at least 1 hour.
- ☐
- Before serving, top each cheesecake with 2 to 4 blackberries.
- ☐
- Mix remaining berries, preserves and 2 Tbsp. water in a small pan; bring to a boil over medium heat. Cook, stirring occasionally, until berries are soft and sauce has thickened, 3 to 4 minutes. Cool slightly. Spoon 1 Tbsp. glaze over berries.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:6.39, Inflammation Score:-2, Nutrition Score:2.601739126703%

Flavonoids

Cyanidin: 15.76mg, Cyanidin: 15.76mg, Cyanidin: 15.76mg, Cyanidin: 15.76mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 86.86kcal (4.34%), Fat: 2.87g (4.41%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.69g (4.25%), Sugar: 8.57g (9.52%), Cholesterol: 14.53mg (4.84%), Sodium: 83.83mg (3.64%), Alcohol: 0.15g (100%), Alcohol %: 0.36% (100%), Protein: 2.59g (5.18%), Manganese: 0.11mg (5.57%), Vitamin C: 3.9mg (4.72%), Vitamin B2: 0.08mg (4.6%), Phosphorus: 42.09mg (4.21%), Fiber: 1.01g (4.06%), Calcium: 35.41mg (3.54%), Selenium: 2.47µg (3.53%), Vitamin K: 3.3µg (3.14%), Vitamin B12: 0.18µg (3%), Folate: 10.8µg (2.7%), Vitamin A: 126.38IU (2.53%), Potassium: 85.95mg (2.46%), Vitamin B5: 0.22mg (2.18%), Copper: 0.04mg (2.06%), Magnesium: 7.34mg (1.84%), Iron: 0.33mg (1.82%), Zinc: 0.27mg (1.81%), Vitamin E: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.47%), Vitamin B3: 0.27mg (1.36%), Vitamin B6: 0.02mg (1.05%)