



## Bri Emery's™ Strawberry Cheesecake Bites

READY IN



330 min.

SERVINGS



30

CALORIES



251 kcal

DESSERT

### Ingredients

- 24 oz philadelphia cream cheese softened
- 2 eggs
- 16 graham crackers crushed finely
- 0.5 tsp lemon zest
- 21 oz baker's semi-sweet dipping chocolate dark
- 0.8 cup strawberries sliced
- 0.8 cup sugar
- 1 tsp vanilla

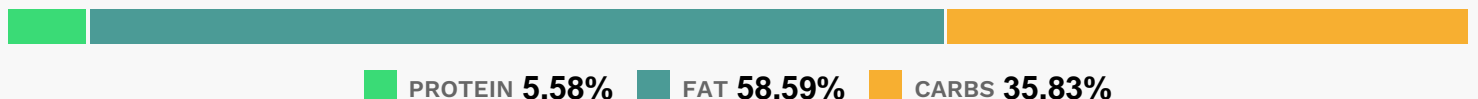
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- aluminum foil

## Directions

- Heat oven to 325F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Beat cream cheese, sugar, vanilla and lemon zest with mixer until blended.
- Add eggs, 1 at a time, mixing on low speed after each just until blended; pour into prepared pan.
- Bake 1 hour or until center is almost set. Cool completely. Refrigerate 2 hours.
- Use foil handles to lift cheesecake from pan. Crumble cheesecake into large bowl.
- Add strawberries; mix well. Shape into 48 balls, using about 1 Tbsp. for each.
- Roll in graham crumbs until evenly coated.
- Place on parchment-covered rimmed baking sheet. Refrigerate 1 hour.
- Melt chocolate as directed on package. Dip cheesecake balls, 1 at a time, in chocolate; return to baking sheet.
- Sprinkle with any remaining graham crumbs. Refrigerate 1 hour or until chocolate is firm.

## Nutrition Facts



## Properties

Glycemic Index:7.04, Glycemic Load:7.93, Inflammation Score:-4, Nutrition Score:5.0847826055858%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 250.95kcal (12.55%), Fat: 16.46g (25.32%), Saturated Fat: 9.16g (57.26%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 20.73g (7.54%), Sugar: 15.05g (16.72%), Cholesterol: 35.01mg (11.67%), Sodium: 126.67mg (5.51%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Caffeine: 17.07mg (5.69%), Protein: 3.53g (7.05%), Manganese: 0.28mg (14.03%), Copper: 0.26mg (12.92%), Magnesium: 42.21mg (10.55%), Phosphorus: 97.63mg (9.76%), Iron: 1.66mg (9.2%), Fiber: 1.92g (7.67%), Vitamin A: 330.8IU (6.62%), Selenium: 4.56µg (6.52%), Vitamin B2: 0.1mg (5.59%), Zinc: 0.83mg (5.52%), Potassium: 165.59mg (4.73%), Calcium: 42.53mg (4.25%), Vitamin C: 2.16mg (2.62%), Vitamin B3: 0.49mg (2.43%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.35mg (2.36%), Vitamin B1: 0.03mg (2.04%), Folate: 7.72µg (1.93%), Vitamin K: 1.99µg (1.9%), Vitamin B12: 0.11µg (1.86%), Vitamin B6: 0.03mg (1.68%)