



## Caramel Apple Mini "Cheesecakes"

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



431 kcal

DESSERT

### Ingredients

- 3 Tbsp caramel ice cream topping
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk divided
- 4 oz philadelphia neufchatel cheese softened ()
- 10 oz puff pastry shells frozen
- 1 delicious apple red chopped

### Equipment

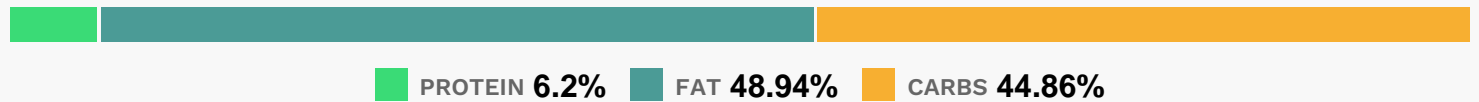
- oven

blender

## Directions

- Heat oven to 425F.
- Bake pastry shells as directed on package; cool.
- Meanwhile, beat Neufchatel and 1/4 cup milk with mixer until blended.
- Add dry pudding mix and remaining milk; beat 2 min. Refrigerate until ready to use.
- Remove top and doughy center from each pastry shell; discard removed pastry. Fill shells with pudding mixture; top with apples and caramel topping.
- Serve with pastry tops.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:13.55, Inflammation Score:-3, Nutrition Score:6.9356521005216%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 431.36kcal (21.57%), Fat: 23.72g (36.5%), Saturated Fat: 7.75g (48.46%), Carbohydrates: 48.94g (16.31%), Net Carbohydrates: 47.4g (17.24%), Sugar: 24.65g (27.39%), Cholesterol: 18.87mg (6.29%), Sodium: 333.5mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Selenium: 13.05µg (18.65%), Vitamin B1: 0.22mg (14.68%), Vitamin B2: 0.23mg (13.48%), Manganese: 0.25mg (12.57%), Vitamin B3: 2.08mg (10.4%), Phosphorus: 103.16mg (10.32%), Folate: 40.62µg (10.15%), Calcium: 84.5mg (8.45%), Vitamin K: 8.72µg (8.3%), Iron: 1.28mg (7.13%), Fiber: 1.53g (6.13%), Vitamin A: 250.9IU (5.02%), Vitamin B12: 0.29µg (4.91%), Potassium: 160.98mg (4.6%), Magnesium: 16.36mg (4.09%), Zinc: 0.59mg (3.92%), Copper: 0.07mg (3.55%), Vitamin D: 0.45µg (2.98%), Vitamin B5: 0.3mg (2.95%), Vitamin B6: 0.05mg (2.75%), Vitamin E: 0.41mg (2.74%), Vitamin C: 1.45mg (1.75%)