



Cheesecake Petit Fours with Creamy Strawberry Glaze

 Vegetarian

READY IN



280 min.

SERVINGS



12

CALORIES



312 kcal

DESSERT

Ingredients

- ☐ 1 cheesecake store-bought plain-flavored
- ☐ 2 ounces cream cheese
- ☐ 12 servings mint leaves fresh for garnish
- ☐ 1 pound chocolate icing store-bought any flavor or color you desire
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 servings strawberries fresh for garnish
- ☐ 12 ounce strawberry jam

☐ 3 tablespoons sugar

Equipment

☐ baking sheet

☐ sauce pan

☐ knife

☐ whisk

☐ cookie cutter

☐ ziploc bags

Directions

☐ Place cheesecake in freezer until partially frozen, about 3 to 4 hours.

☐ Using your cookie cutters, press out mini cheesecakes and place on a cookie sheet lined with waxed paper. To smooth the sides of the cheesecake, you may dip a small knife into hot water.

☐ Place cakes in the refrigerator.

☐ In a medium saucepan, heat jam, sugar, cream cheese, and lemon juice over medium heat until sugar is dissolved and ingredients are fully combined. Once dissolved, whisk ingredients to combine.

☐ Let mixture come to a rapid boil and continue cooking for 5 minutes; the mixture should coat the back of a spoon.

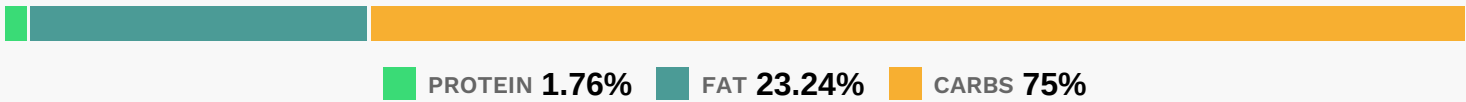
☐ Let cool for 2 to 3 minutes and then strain.

☐ Pour glaze over cheesecakes and let set. For a professional look, transfer glaze to a squeeze bottle and pipe a star shape over cheesecakes.

☐ Place icing in a large resealable plastic bag fitted with a star tip. Pipe icing over cheesecakes.

☐ Garnish with strawberries and mint.

Nutrition Facts



Properties

Glycemic Index:19.59, Glycemic Load:27.04, Inflammation Score:-5, Nutrition Score:9.9843478118596%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 312.18kcal (15.61%), Fat: 8.23g (12.67%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 56.49g (20.54%), Sugar: 47.85g (53.16%), Cholesterol: 4.8mg (1.6%), Sodium: 95.57mg (4.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin C: 87.97mg (106.63%), Manganese: 0.58mg (28.99%), Fiber: 3.28g (13.11%), Vitamin B2: 0.18mg (10.69%), Folate: 42.52µg (10.63%), Vitamin K: 8.18µg (7.79%), Potassium: 268.45mg (7.67%), Vitamin E: 1.07mg (7.15%), Magnesium: 21.53mg (5.38%), Phosphorus: 52.64mg (5.26%), Copper: 0.1mg (5.1%), Iron: 0.85mg (4.73%), Vitamin B6: 0.08mg (3.89%), Calcium: 36.98mg (3.7%), Vitamin B3: 0.67mg (3.36%), Vitamin B1: 0.05mg (3.01%), Vitamin A: 123.3IU (2.47%), Vitamin B5: 0.24mg (2.38%), Selenium: 1.61µg (2.29%), Zinc: 0.28mg (1.87%)