



Cheesecake Pie with Berries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 8 ounce block softened
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 cups pecan halves
- ☐ 0.3 teaspoon salt
- ☐ 2 cups strawberries sliced
- ☐ 5 tablespoons sugar divided
- ☐ 3 tablespoons butter unsalted melted

- ☐ 1 teaspoon vanilla extract
- ☐ 12 ounce non-dairy whipped topping fat-free frozen thawed

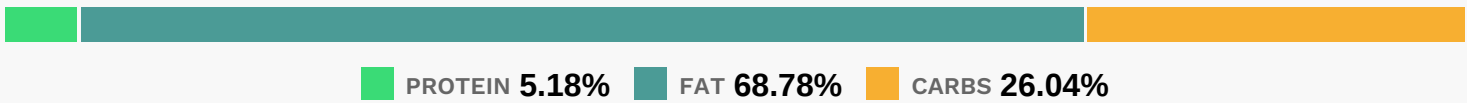
Equipment

- ☐ food processor
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 35
- ☐ Place pecans, salt, and 1 tablespoon sugar in a food processor; pulse 15 times or until mixture resembles coarse meal.
- ☐ Add butter; pulse 5 times or until combined. Pat mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until lightly browned. Cool crust completely in dish on a wire rack.
- ☐ Beat cream cheese, remaining 1/4 cup sugar, and vanilla with a mixer at medium speed until smooth.
- ☐ Add lemon rind and lemon juice; beat well. Fold in one-fourth of whipped topping. Fold in remaining topping. Spoon filling into prepared crust. Cover with plastic wrap, and freeze 8 hours or until firm.
- ☐ Let pie stand at room temperature 10 minutes before serving.
- ☐ Cut into wedges, and top with berries.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:5.83, Inflammation Score:-5, Nutrition Score:9.2460868138334%

Flavonoids

Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg, Cyanidin: 2.31mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg, Delphinidin: 1.3mg Pelargonidin: 7.95mg, Pelargonidin: 7.95mg, Pelargonidin: 7.95mg, Pelargonidin: 7.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg, Catechin: 2.19mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 329.65kcal (16.48%), Fat: 26.35g (40.53%), Saturated Fat: 9.6g (59.98%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 20.04g (7.29%), Sugar: 15.98g (17.75%), Cholesterol: 41.53mg (13.84%), Sodium: 171.91mg (7.47%), Alcohol: 0.15g (100%), Alcohol %: 0.15% (100%), Protein: 4.46g (8.92%), Manganese: 0.87mg (43.53%), Vitamin C: 19.93mg (24.16%), Vitamin B2: 0.32mg (19.07%), Vitamin B1: 0.18mg (11.94%), Copper: 0.23mg (11.36%), Phosphorus: 107.36mg (10.74%), Vitamin A: 534.49IU (10.69%), Vitamin B12: 0.62µg (10.38%), Fiber: 2.4g (9.62%), Calcium: 83.61mg (8.36%), Magnesium: 29.7mg (7.42%), Zinc: 1.04mg (6.95%), Selenium: 4.15µg (5.92%), Vitamin B6: 0.11mg (5.58%), Potassium: 194.69mg (5.56%), Folate: 20.51µg (5.13%), Vitamin E: 0.69mg (4.57%), Vitamin B5: 0.33mg (3.34%), Iron: 0.6mg (3.31%), Vitamin B3: 0.48mg (2.42%), Vitamin K: 2.25µg (2.14%)