



## Citrus No-Bake Cheesecake

READY IN



200 min.

SERVINGS



20

CALORIES



139 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 11 oz mandarin orange segments drained canned
- 18 chocolate chip cookie mix crushed finely (2 inch) (1-)
- 8 oz philadelphia cream cheese softened
- 6 mint sprigs fresh
- 2 Tbsp sugar
- 0.3 cup zest and 1/4 cup juice from 1 tangerine
- 2 cups cool whip whipped topping thawed

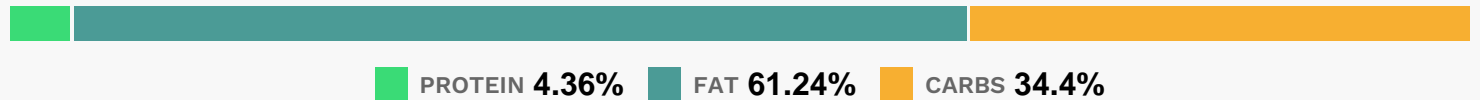
# Equipment

- bowl
- blender
- springform pan

# Directions

- Mix cookie crumbs and butter until well blended; press onto bottom of 9-inch springform pan.
- Beat cream cheese, sugar, zest and juice in medium bowl with mixer until well blended. Gently stir in COOL WHIP; pour over crust. Refrigerate 3 hours.
- Top with mandarin oranges and mint just before serving.

# Nutrition Facts



# Properties

Glycemic Index:9.79, Glycemic Load:4.13, Inflammation Score:-3, Nutrition Score:2.0573912936708%

# Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 138.71kcal (6.94%), Fat: 9.59g (14.75%), Saturated Fat: 5.55g (34.68%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.62g (4.23%), Sugar: 8.2g (9.11%), Cholesterol: 18.5mg (6.17%), Sodium: 95.71mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Vitamin A: 453.88IU (9.08%), Vitamin C: 6.29mg (7.62%), Vitamin B1: 0.05mg (3.51%), Vitamin B2: 0.06mg (3.42%), Phosphorus: 25.58mg (2.56%), Folate: 9.24µg (2.31%), Calcium: 20.17mg (2.02%), Potassium: 69.67mg (1.99%), Fiber: 0.49g (1.98%), Selenium: 1.26µg (1.79%), Magnesium: 7.07mg (1.77%), Vitamin E: 0.23mg (1.52%), Vitamin B3: 0.29mg (1.47%), Zinc: 0.2mg (1.36%), Iron: 0.2mg (1.13%)