



Citrus No-Bake Cheesecake

READY IN



200 min.

SERVINGS



8

CALORIES



347 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

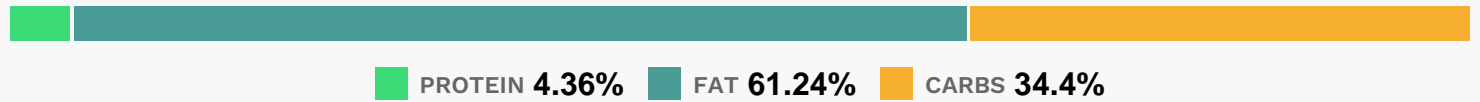
Equipment

- 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:24.47, Glycemic Load:10.34, Inflammation Score:-6, Nutrition Score:5.1421739329462%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 346.78kcal (17.34%), Fat: 23.97g (36.88%), Saturated Fat: 13.87g (86.7%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 29.06g (10.57%), Sugar: 20.49g (22.76%), Cholesterol: 46.24mg (15.41%), Sodium: 239.27mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin A: 1134.7IU (22.69%), Vitamin C: 15.72mg (19.06%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.15mg (8.54%), Phosphorus: 63.96mg (6.4%), Folate: 23.1µg (5.77%), Calcium: 50.43mg (5.04%), Potassium: 174.19mg (4.98%), Fiber: 1.24g (4.94%), Selenium: 3.14µg (4.49%), Magnesium: 17.68mg (4.42%), Vitamin E: 0.57mg (3.8%), Vitamin B3: 0.74mg (3.68%), Zinc: 0.51mg (3.39%), Iron: 0.51mg (2.83%), Vitamin B6: 0.04mg (2.04%), Vitamin B12: 0.11µg (1.87%), Vitamin B5: 0.18mg (1.82%), Vitamin K: 1.69µg (1.61%), Copper: 0.03mg (1.38%)