



## Creamy Lemon-Blueberry Dessert

READY IN



315 min.

SERVINGS



24

CALORIES



295 kcal

DESSERT

### Ingredients

- 16 ounce blueberries frozen divided thawed drained
- 3 tablespoons butter melted
- 1 cup knudsen cream sour
- 32 ounce philadelphia cream cheese softened
- 4 eggs
- 2 tablespoons flour
- 3.4 ounce jell-o lemon flavor pudding instant
- 40 nilla wafers crushed
- 1 cup sugar

2 cups cool whip whipped topping thawed

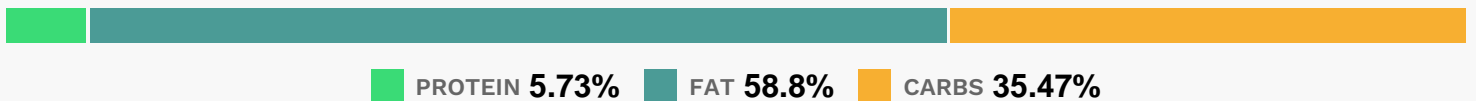
## Equipment

- bowl
- frying pan
- oven
- blender

## Directions

- Heat oven to 325 degrees F.
- Mix wafer crumbs, 3 Tbsp. sugar and butter; press onto bottom of 13x9-inch pan.
- Bake 10 min.
- Beat cream cheese, remaining sugar and flour in large bowl with mixer until well blended.
- Add sour cream; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended. Stir in dry pudding mix until well blended. Gently stir in 1 cup berries.
- Bake 1 hour or until almost set. (Center will still be jiggly.) Cool completely. Refrigerate 4 hours. Crush remaining berries. Top cheesecake with COOL WHIP and crushed berries just before serving.

## Nutrition Facts



## Properties

Glycemic Index:12.05, Glycemic Load:13.16, Inflammation Score:-4, Nutrition Score:4.156086947607%

## Flavonoids

Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg, Cyanidin: 1.6mg Petunidin: 5.96mg, Petunidin: 5.96mg, Petunidin: 5.96mg, Petunidin: 5.96mg Delphinidin: 6.7mg, Delphinidin: 6.7mg, Delphinidin: 6.7mg, Delphinidin: 6.7mg Malvidin: 12.77mg, Malvidin: 12.77mg, Malvidin: 12.77mg, Malvidin: 12.77mg Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin:

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0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.25mg,  
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Quercetin: 1.45mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 294.89kcal (14.74%), Fat: 19.64g (30.21%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 26.66g (8.89%),  
Net Carbohydrates: 26.02g (9.46%), Sugar: 19.8g (22%), Cholesterol: 71.34mg (23.78%), Sodium: 219.06mg (9.52%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin A: 684.38IU (13.69%), Vitamin B2: 0.18mg  
(10.52%), Selenium: 6.32µg (9.03%), Phosphorus: 74.5mg (7.45%), Calcium: 56.93mg (5.69%), Folate: 18.71µg  
(4.68%), Vitamin B1: 0.07mg (4.59%), Vitamin K: 4.81µg (4.58%), Vitamin E: 0.63mg (4.21%), Vitamin B5: 0.39mg  
(3.88%), Manganese: 0.08mg (3.78%), Vitamin B12: 0.18µg (3.05%), Potassium: 103.63mg (2.96%), Fiber: 0.63g  
(2.54%), Vitamin B6: 0.05mg (2.45%), Zinc: 0.36mg (2.38%), Vitamin C: 1.92mg (2.33%), Vitamin B3: 0.43mg  
(2.16%), Magnesium: 7mg (1.75%), Iron: 0.27mg (1.51%), Copper: 0.03mg (1.38%)