



Creamy Strawberry Cookie "Tarts"

READY IN



105 min.

SERVINGS



45

CALORIES



44 kcal

Ingredients

- 12 chocolate chip cookie mix (2 inch)
- 8 oz philadelphia cream cheese cubed
- 12 small strawberries
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 0.7 cup water boiling
- 1 cup cool whip whipped topping thawed

Equipment

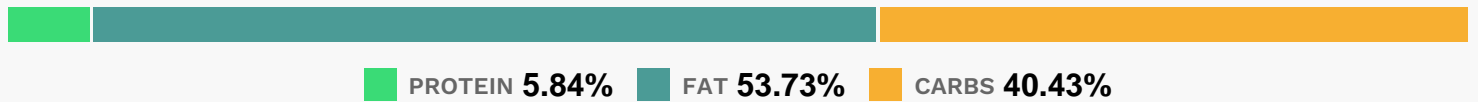
- bowl
- blender

muffin tray

Directions

- Stir boiling water into dry gelatin mix in small bowl at least 2 min. until completely dissolved. Cool 5 min., stirring occasionally.
- Pour gelatin mixture into blender.
- Add cream cheese; cover. Blend on medium speed 30 to 45 sec. or until well blended; scrape down side of blender container, if needed.
- Add whipped topping; cover. Blend on low speed 5 sec. or just until blended.
- Line 12 muffin pan cups with paper liners; spray with cooking spray.
- Place 1 cookie on bottom of each prepared cup; top evenly with the gelatin mixture. Refrigerate 1 hour 30 min. or until firm. Top each with a strawberry just before serving. Store leftover desserts in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:0.5369565208321%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 43.92kcal (2.2%), Fat: 2.66g (4.1%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.39g (1.6%), Sugar: 3.25g (3.61%), Cholesterol: 5.36mg (1.79%), Sodium: 36.55mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin A: 69.14IU (1.38%), Vitamin C: 1.1mg (1.33%), Vitamin B2: 0.02mg (1.15%), Phosphorus: 11.17mg (1.12%)