



Dulce de Leche Cheesecake

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 cups dulce de leche
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup cream sour
- ☐ 2 cups strawberries fresh whole thinly sliced
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla
- ☐ 8 oz non-dairy whipped topping frozen thawed ()

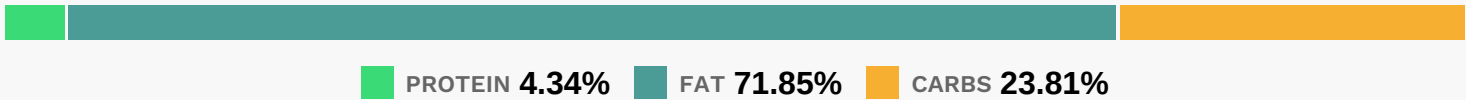
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Heat oven to 350F. Spray 9-inch glass pie plate with cooking spray. Make Crust. In 1-gallon resealable food-storage plastic bag, place cereal. Finely crush with rolling pin. In small bowl, stir crushed cereal and melted butter until well mixed. Press Crust firmly and evenly in bottom and 1 inch up side of pie plate.
- ☐ Bake 9 minutes; cool 20 minutes.
- ☐ Meanwhile, in medium bowl, stir Topping ingredients until well mixed; let stand while making Cheesecake so strawberries will become juicy. In separate medium bowl, beat all Cheesecake ingredients with electric mixer on medium speed until smooth; spoon over crust. Refrigerate at least 30 minutes.
- ☐ To serve, spoon Topping over Cheesecake slices. Cover and refrigerate any leftovers.

Nutrition Facts



Properties

Glycemic Index:28.64, Glycemic Load:5.61, Inflammation Score:-5, Nutrition Score:4.8252174284147%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate:

0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg
Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg,
Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin:
0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg,
Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 294.95kcal (14.75%), Fat: 24.05g (37.01%), Saturated Fat: 15.25g (95.31%), Carbohydrates: 17.93g (5.98%),
Net Carbohydrates: 17.21g (6.26%), Sugar: 16.27g (18.07%), Cholesterol: 58.02mg (19.34%), Sodium: 175.14mg
(7.61%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 3.27g (6.53%), Vitamin C: 21.3mg (25.82%),
Vitamin A: 731.95IU (14.64%), Vitamin B2: 0.13mg (7.49%), Phosphorus: 73.16mg (7.32%), Manganese: 0.14mg
(7.21%), Calcium: 70.25mg (7.03%), Selenium: 3.93µg (5.61%), Vitamin E: 0.76mg (5.09%), Potassium: 141.68mg
(4.05%), Folate: 13.19µg (3.3%), Vitamin K: 3.17µg (3.02%), Fiber: 0.72g (2.88%), Vitamin B12: 0.17µg (2.76%),
Magnesium: 10.86mg (2.71%), Vitamin B5: 0.27mg (2.65%), Vitamin B6: 0.04mg (2.23%), Zinc: 0.28mg (1.85%),
Vitamin B1: 0.02mg (1.61%), Copper: 0.03mg (1.42%), Iron: 0.22mg (1.24%), Vitamin B3: 0.21mg (1.05%)