



Easy Berry "Torte"

READY IN



285 min.

SERVINGS



45

CALORIES



73 kcal

DESSERT

Ingredients

- 2 cups blueberries
- 0.3 cup butter melted
- 8 oz philadelphia cream cheese softened
- 15 gingersnaps crushed finely
- 0.5 cup planters pecans chopped
- 2 cups raspberries
- 0.3 cup sugar
- 1 tsp vanilla
- 25 vanilla wafers crushed finely

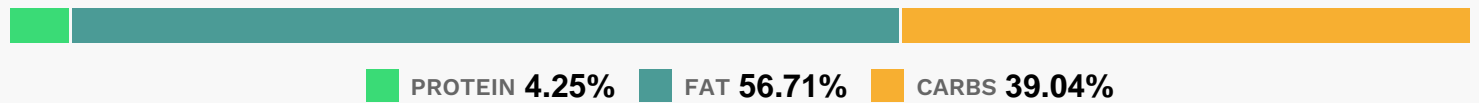
Equipment

- oven
- blender
- springform pan

Directions

- Heat oven to 375F.
- Mix cookie crumbs, nuts and butter; press onto bottom and 1 inch up side of 9-inch springform pan.
- Bake 5 min.; cool completely.
- Beat cream cheese, sugar and vanilla with mixer until blended; spread onto bottom of crust. Top with berries.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:1.5634782463312%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Petunidin: 2.09mg, Petunidin: 2.09mg, Petunidin: 2.09mg, Petunidin: 2.09mg Delphinidin: 2.48mg, Delphinidin: 2.48mg, Delphinidin: 2.48mg, Delphinidin: 2.48mg Malvidin: 4.45mg, Malvidin: 4.45mg, Malvidin: 4.45mg, Malvidin: 4.45mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 73.47kcal (3.67%), Fat: 4.76g (7.32%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.76g (4.18%), Cholesterol: 8.74mg (2.91%), Sodium: 53.13mg (2.31%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 0.8g (1.6%), Manganese: 0.14mg (7.22%), Fiber: 0.71g (2.83%), Vitamin C: 2.05mg (2.48%), Vitamin A: 115.68IU (2.31%), Vitamin B1: 0.03mg (2.09%), Vitamin B2: 0.03mg (1.95%), Vitamin K: 2.01µg (1.91%), Folate: 7.22µg (1.81%), Copper: 0.03mg (1.5%), Phosphorus: 14.52mg (1.45%), Vitamin E: 0.2mg (1.36%), Iron: 0.24mg (1.33%), Vitamin B3: 0.24mg (1.2%), Magnesium: 4.54mg (1.14%), Potassium: 35.72mg (1.02%)