



Fluffy 2-Step Cheesecake Minis

READY IN



190 min.

SERVINGS



12

CALORIES



169 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 0.3 cup baker's angel flake coconut toasted
- 0.3 cup sugar
- 12 vanilla wafers
- 8 oz cool whip whipped topping divided thawed

Equipment

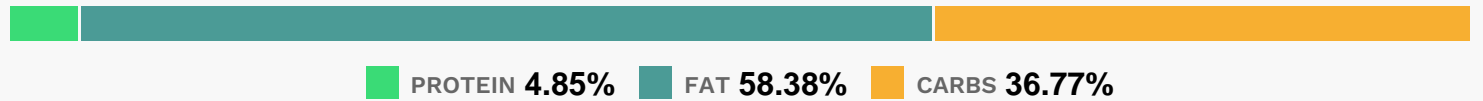
- bowl
- blender

muffin liners

Directions

- Place 1 wafer in each of 12 paper-lined muffin cups. Beat cream cheese and sugar in large bowl with mixer until blended.
- Add 2-1/4 cups COOL WHIP; mix well. Spoon into muffin cups.
- Refrigerate 3 hours. Top with remaining COOL WHIP and coconut just before serving.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:7.47, Inflammation Score:-2, Nutrition Score:1.8082608670482%

Nutrients (% of daily need)

Calories: 169.28kcal (8.46%), Fat: 11.18g (17.2%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 15.47g (5.63%), Sugar: 12.74g (14.16%), Cholesterol: 19.53mg (6.51%), Sodium: 97.78mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin A: 267.81IU (5.36%), Vitamin B2: 0.08mg (4.54%), Phosphorus: 40.38mg (4.04%), Selenium: 2.44µg (3.49%), Calcium: 32.27mg (3.23%), Manganese: 0.05mg (2.55%), Vitamin B1: 0.03mg (2.29%), Folate: 7.71µg (1.93%), Vitamin E: 0.26mg (1.77%), Potassium: 58.8mg (1.68%), Fiber: 0.37g (1.49%), Vitamin B12: 0.08µg (1.32%), Vitamin B5: 0.12mg (1.22%), Magnesium: 4.62mg (1.15%), Vitamin B3: 0.2mg (1.01%)