

Fluffy Cheesecake Dessert

READY IN



20 min.

SERVINGS



16

CALORIES



319 kcal

Ingredients

- 0.5 cup butter melted
- 16 ounces cream cheese softened
- 4 cups marshmallows miniature
- 0.3 cup orange juice
- 2.5 cups vanilla wafers crushed (75 wafers)
- 12 ounces non-dairy whipped topping frozen thawed

Equipment

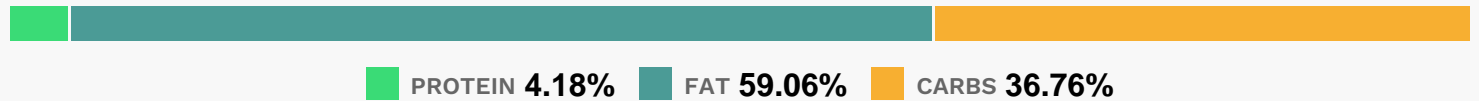
- bowl
- frying pan

microwave

Directions

- In a large microwave-safe bowl, combine marshmallows and orange juice. Microwave, uncovered, on high for 1 minute. Stir until smooth.
- In a large bowl, beat cream cheese.
- Add marshmallow mixture; beat just until smooth. Fold in whipped topping.
- Combine wafer crumbs and butter; set aside 3/4 cup for topping. Press remaining crumbs into an ungreased 13-in. x 9-in. pan.
- Spoon cream cheese filling over crust.
- Sprinkle with reserved crumbs. Cover and refrigerate for 1 hour or until set. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.66, Glycemic Load:16.33, Inflammation Score:-4, Nutrition Score:2.9800000339746%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 319.19kcal (15.96%), Fat: 21.32g (32.79%), Saturated Fat: 12.76g (79.77%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 29.59g (10.76%), Sugar: 19.15g (21.28%), Cholesterol: 44.48mg (14.83%), Sodium: 229.08mg (9.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin A: 584.07IU (11.68%), Vitamin B2: 0.13mg (7.53%), Vitamin B1: 0.09mg (5.87%), Phosphorus: 56.87mg (5.69%), Folate: 20.2µg (5.05%), Selenium: 3.24µg (4.62%), Calcium: 45.24mg (4.52%), Vitamin E: 0.52mg (3.45%), Vitamin C: 2.58mg (3.13%), Vitamin B3: 0.53mg (2.64%), Potassium: 85.99mg (2.46%), Vitamin B12: 0.12µg (1.95%), Vitamin B5: 0.18mg (1.8%), Vitamin K: 1.78µg (1.69%), Magnesium: 5mg (1.25%), Zinc: 0.18mg (1.18%), Vitamin B6: 0.02mg (1.14%), Copper: 0.02mg (1.08%), Fiber: 0.26g (1.05%)