



Free Form Strawberry Cheesecake

READY IN



20 min.

SERVINGS



6

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 2 cups strawberries fresh sliced
- ☐ 0.3 cup powdered sugar
- ☐ 1.5 cups broccoli and cheese rice mix
- ☐ 1 teaspoon lime zest grated
- ☐ 1 tablespoon juice of lime
- ☐ 6 grands flaky refrigerator biscuits crumbled crisp
- ☐ 1 serving whipped cream
- ☐ 1 serving lime zest grated
- ☐ 1 slices lime

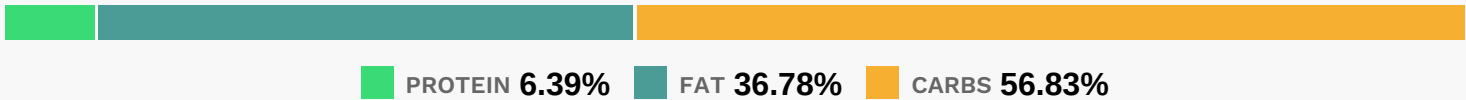
Equipment

- ☐ bowl
- ☐ ramekin

Directions

- ☐ In medium bowl, mix strawberries and 2 tablespoons of the powdered sugar.
- ☐ In small bowl, mix cheesecake filling, 1 teaspoon grated lime peel, the lime juice and remaining 2 tablespoons powdered sugar.
- ☐ Spoon cheesecake mixture into 6 (6-oz) glasses or ramekins.
- ☐ Sprinkle with crumbled cookies. Top with strawberries.
- ☐ Garnish with whipped cream, additional lime peel and lime slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:5.2, Inflammation Score:-2, Nutrition Score:4.6517390201435%

Flavonoids

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Nutrients (% of daily need)

Calories: 251.97kcal (12.6%), Fat: 10.5g (16.16%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 34.23g (12.45%), Sugar: 9.55g (10.61%), Cholesterol: 17.91mg (5.97%), Sodium: 260.8mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin C: 30.05mg (36.42%), Iron: 2.29mg (12.69%), Manganese: 0.23mg (11.44%), Fiber: 2.27g (9.08%), Potassium: 213.24mg (6.09%), Folate: 20.03µg (5.01%), Vitamin B1: 0.05mg (3.22%), Vitamin E: 0.4mg (2.66%), Vitamin B2: 0.04mg (2.6%), Vitamin B3: 0.52mg (2.6%), Vitamin K: 2.2µg (2.1%), Calcium: 21mg (2.1%), Magnesium: 8.05mg (2.01%), Phosphorus: 19.66mg (1.97%), Copper: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.59%), Selenium: 0.87µg (1.24%)