



Free-form Strawberry Cheesecake

READY IN



20 min.

SERVINGS



6

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 1.5 cups ready-to-eat cheesecake filling
- ☐ 1 slices garnishes: gourmet cookies crisp
- ☐ 6 gourmet cookies crumbled crisp
- ☐ 1 tablespoon juice of lime
- ☐ 1 teaspoon lime zest
- ☐ 4 tablespoons powdered sugar divided
- ☐ 2 cups strawberries fresh sliced

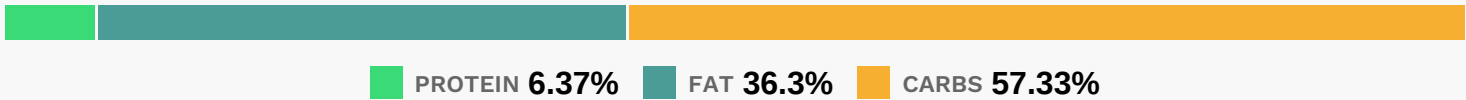
Equipment

☐ ramekin

Directions

- ☐ Stir together strawberries and 2 Tbsp. powdered sugar.
- ☐ Stir together cheesecake filling, lime zest, lime juice, and remaining 2 Tbsp. powdered sugar.
- ☐ Spoon cheesecake mixture into 6 (6-oz.) glasses or ramekins.
- ☐ Sprinkle with crumbled cookies. Top with strawberries.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Philadelphia Ready-To-Eat Cheesecake Filling and Biscoff cookies.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:5.17, Inflammation Score:-2, Nutrition Score:4.5895652524803%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 251.15kcal (12.56%), Fat: 10.32g (15.88%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 34.44g (12.52%), Sugar: 9.81g (10.9%), Cholesterol: 17.15mg (5.72%), Sodium: 261.29mg (11.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Vitamin C: 29.66mg (35.95%), Iron: 2.28mg (12.68%), Manganese: 0.23mg (11.47%), Fiber: 2.24g (8.94%), Potassium: 210.56mg (6.02%), Folate: 20.03µg (5.01%), Vitamin B1: 0.05mg (3.21%), Vitamin E: 0.39mg (2.62%), Vitamin B3: 0.52mg (2.61%), Vitamin B2: 0.04mg (2.58%), Vitamin K: 2.19µg (2.09%), Magnesium: 7.88mg (1.97%), Calcium: 19.57mg (1.96%), Phosphorus: 18.64mg (1.86%), Copper: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.54%), Selenium: 0.86µg (1.23%)