



Frosted Toast Crunch™ Cheesecake Cupcakes

READY IN



210 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

Ingredients

- 2 cups frosted toast cereal crushed
- 0.3 cup butter melted
- 16 oz cream cheese room temperature
- 0.5 cup granulated sugar
- 2 eggs
- 2 teaspoons lemon zest grated
- 2 tablespoons juice of lemon fresh
- 1 teaspoon vanilla

- 1 serving whipped cream (from aerosol can)
- 1 serving raspberries fresh
- 1 serving powdered sugar

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- muffin liners

Directions

- Heat oven to 325°F.
- Place paper baking cup in each of 12 regular-size muffin cups; lightly spray paper cups with cooking spray.
- In medium bowl, mix crushed cereal and melted butter. Press about 1 tablespoon crumb mixture firmly in bottom of each muffin cup. Set aside.
- In large bowl, beat cream cheese and granulated sugar with electric mixer on medium speed 3 minutes or until light and fluffy. Beat in eggs, one at a time, just until blended.
- Add lemon peel, lemon juice and vanilla; beat just until blended. Spoon filling evenly into muffin cups, filling each about three-fourths full.
- Bake 25 minutes or until filling is set and edges are lightly browned. Cool 10 minutes; remove from pan to cooling rack. Cool completely. Refrigerate until chilled, about 2 hours.
- To serve, remove paper cups from cheesecakes.
- Garnish with whipped cream topping, raspberries and powdered sugar. Store covered in refrigerator.

Nutrition Facts

 **PROTEIN 5.89%**  **FAT 64.65%**  **CARBS 29.46%**

Properties

Glycemic Index:19.01, Glycemic Load:6.49, Inflammation Score:-5, Nutrition Score:6.3021739306657%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 242.75kcal (12.14%), Fat: 17.83g (27.43%), Saturated Fat: 10.4g (64.99%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 17.76g (6.46%), Sugar: 13.28g (14.75%), Cholesterol: 76.01mg (25.34%), Sodium: 192.53mg (8.37%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.66g (7.31%), Vitamin A: 783.94IU (15.68%), Vitamin B2: 0.25mg (14.59%), Vitamin B6: 0.29mg (14.42%), Vitamin B12: 0.72µg (12.08%), Iron: 2.08mg (11.58%), Vitamin B3: 2.02mg (10.08%), Vitamin B1: 0.15mg (9.83%), Folate: 35.34µg (8.83%), Selenium: 5.86µg (8.37%), Phosphorus: 61.55mg (6.15%), Vitamin C: 4.4mg (5.34%), Calcium: 44.6mg (4.46%), Vitamin E: 0.57mg (3.79%), Vitamin B5: 0.37mg (3.71%), Vitamin D: 0.48µg (3.18%), Manganese: 0.05mg (2.25%), Potassium: 78.54mg (2.24%), Zinc: 0.32mg (2.16%), Fiber: 0.52g (2.09%), Magnesium: 6.33mg (1.58%), Vitamin K: 1.56µg (1.49%), Copper: 0.02mg (1.05%)