



Frosted Toast Crunch™ Cheesecake Cupcakes

 Popular

READY IN



210 min.

SERVINGS



12

CALORIES



314 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 16 oz cream cheese room temperature
- 2 eggs
- 0.5 cup granulated sugar
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest grated
- 12 servings powdered sugar

- 12 servings raspberries fresh
- 2 cups frosted toast cereal crushed
- 1 teaspoon vanilla
- 12 servings whipped cream (from aerosol can)

Equipment

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

Directions

- Heat oven to 325F.
- 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 5.55% ■ FAT 53.92% ■ CARBS 40.53%

Properties

Glycemic Index:19.01, Glycemic Load:7.64, Inflammation Score:-6, Nutrition Score:10.079130348952%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg 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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 314.01kcal (15.7%), Fat: 19.41g (29.86%), Saturated Fat: 11.17g (69.81%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 28.73g (10.45%), Sugar: 23.32g (25.91%), Cholesterol: 80.19mg (26.73%), Sodium: 193.67mg (8.42%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 4.49g (8.98%), Vitamin C: 18.81mg (22.8%), Manganese: 0.41mg (20.69%), Vitamin A: 839.76IU (16.8%), Fiber: 4.1g (16.39%), Vitamin B2: 0.27mg (16.11%), Vitamin B6: 0.32mg (16.05%), Iron: 2.47mg (13.73%), Vitamin B12: 0.74µg (12.35%), Folate: 47.05µg (11.76%), Vitamin B3: 2.35mg (11.74%), Vitamin B1: 0.17mg (11.14%), Selenium: 6.09µg (8.7%), Phosphorus: 82.39mg (8.24%), Vitamin E: 1.08mg (7.21%), Calcium: 63.97mg (6.4%), Vitamin B5: 0.57mg (5.68%), Vitamin K: 5.95µg (5.67%), Potassium: 169.82mg (4.85%), Magnesium: 19.04mg (4.76%), Zinc: 0.58mg (3.84%), Copper: 0.07mg (3.58%), Vitamin D: 0.5µg (3.33%)