



Frozen Mini Cinnamon Coffee Cheesecakes

READY IN



195 min.

SERVINGS



15

CALORIES



121 kcal

DESSERT

Ingredients

- 12 gingersnaps divided
- 0.3 tsp ground cinnamon
- 2 Tbsp maxwell house naturally decaffeinated coffee instant
- 0.5 cup granular no-calorie sweetener
- 1 cup raspberries fresh
- 1 tsp vanilla
- 1 Tbsp water
- 1.5 cups cool whip lite whipped topping thawed
- 8 oz philadelphia

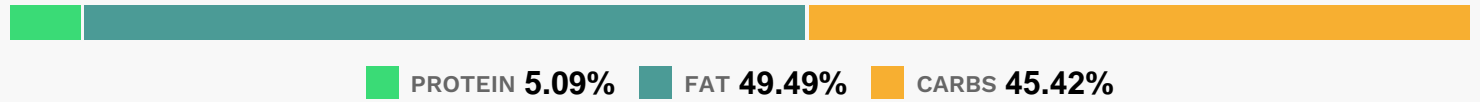
Equipment

- bowl
- whisk
- muffin liners

Directions

- Place 1 cookie each of 12 paper-lined muffin cups.
- Dissolve coffee granules in water in large bowl.
- Add granulated sweetener, reduced-fat cream cheese, vanilla and cinnamon; beat with whisk until well blended. Stir in COOL WHIP; spoon into muffin cups. Top with berries.
- Freeze 3 hours or until firm.
- Remove cheesecakes from freezer 10 min. before serving.
- Let stand at room temperature to soften slightly.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:3.38, Inflammation Score:-2, Nutrition Score:2.0869565398797%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 120.51kcal (6.03%), Fat: 6.79g (10.44%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.35g (4.85%), Sugar: 9.2g (10.22%), Cholesterol: 15.42mg (5.14%), Sodium: 84.15mg (3.66%), Alcohol: 0.1g (100%), Alcohol %: 0.26% (100%), Protein: 1.57g (3.14%), Manganese: 0.15mg (7.55%), Vitamin A: 211.49IU (4.23%), Vitamin B2: 0.06mg (3.69%), Phosphorus: 28.8mg (2.88%), Calcium: 26.84mg (2.68%), Fiber: 0.67g (2.66%), Selenium: 1.78µg (2.55%), Vitamin C: 2.1mg (2.54%), Iron: 0.44mg (2.45%), Folate: 8.18µg (2.04%), Vitamin E: 0.29mg (1.95%), Potassium: 60.82mg (1.74%), Magnesium: 6.52mg (1.63%), Copper: 0.03mg (1.41%), Vitamin B5: 0.14mg (1.39%), Vitamin B3: 0.26mg (1.28%), Vitamin B1: 0.02mg (1.27%), Vitamin K: 1.34µg (1.27%)