



"Fruit Smoothie" No-Bake Cheesecake from PHILADELPHIA®

READY IN



255 min.

SERVINGS



10

CALORIES



487 kcal

DESSERT

Ingredients

- ☐ 12 ounce poached berries mixed frozen thawed drained well (strawberries, raspberries, blueberries, blackberries)
- ☐ 6 tablespoons butter melted
- ☐ 2 cups honey maid graham cracker crumbs
- ☐ 32 ounce philadelphia neufchatel cheese softened
- ☐ 0.8 cup sugar
- ☐ 8 ounce cool whip lite whipped topping thawed

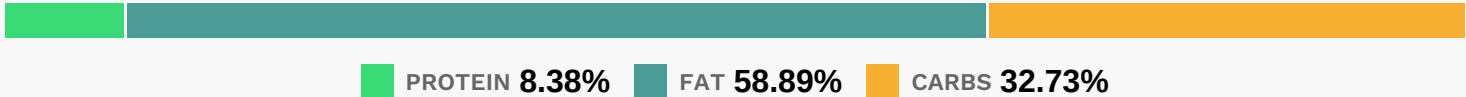
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Line 13x9-inch pan with foil, with ends of foil extending over sides.
- ☐ Mix cracker crumbs, butter and 3 Tbsp. sugar; press onto bottom of pan. Refrigerate while preparing filling.
- ☐ Beat Neufchatel and 3/4 cup sugar in large bowl with mixer until well blended.
- ☐ Add berries; beat on low speed just until blended.
- ☐ Whisk in COOL WHIP.
- ☐ Pour over crust.
- ☐ Refrigerate 4 hours or until firm. Use foil handles to lift cheesecake from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:22.11, Glycemic Load:20.4, Inflammation Score:-6, Nutrition Score:6.5826087516287%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Petunidin: 6.18mg, Petunidin: 6.18mg, Petunidin: 6.18mg, Petunidin: 6.18mg Delphinidin: 7.34mg, Delphinidin: 7.34mg, Delphinidin: 7.34mg, Delphinidin: 7.34mg Malvidin: 16.89mg, Malvidin: 16.89mg, Malvidin: 16.89mg, Malvidin: 16.89mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 486.88kcal (24.34%), Fat: 32.39g (49.84%), Saturated Fat: 18.76g (117.27%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 39.02g (14.19%), Sugar: 29.96g (33.29%), Cholesterol: 85.65mg (28.55%), Sodium: 484.54mg (21.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin A: 1005.29IU (20.11%), Phosphorus: 181.67mg (18.17%), Calcium: 140.4mg (14.04%), Vitamin B2: 0.22mg (12.92%), Vitamin K: 8.44µg (8.03%), Zinc: 1.13mg (7.5%), Potassium: 211.22mg (6.03%), Fiber: 1.49g (5.96%), Folate: 23.74µg (5.94%), Vitamin B5: 0.57mg (5.73%), Magnesium: 22.44mg (5.61%), Vitamin E: 0.83mg (5.56%), Vitamin B12: 0.33µg (5.53%), Vitamin B3: 1.03mg (5.14%), Iron: 0.9mg (5.03%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.07mg (4.94%), Vitamin B6: 0.08mg (3.94%), Manganese: 0.06mg (3.03%), Copper: 0.04mg (2.2%), Vitamin C: 0.85mg (1.03%)