



WHATSheATE



Ginger Cheesecake Dessert



Gluten Free

READY IN



70 min.

SERVINGS



15

CALORIES



326 kcal

Ingredients

- ☐ 17.5 oz betty limited edition gingerbread cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon water
- ☐ 1 eggs
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups cool whip frozen thawed

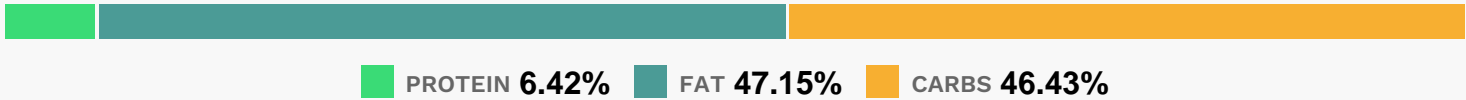
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 375°F. Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter, water and egg until soft dough forms.
- ☐ Make 5 cookies by shaping dough into 5 (1-inch) balls.
- ☐ Place balls 2 inches apart on ungreased cookie sheet. Flatten slightly with bottom of glass dipped in sugar.
- ☐ Bake 8 to 10 minutes or until edges are set. Cool 1 minute; remove from cookie sheet to cooling rack.
- ☐ Meanwhile, press remaining dough in pan.
- ☐ Bake 8 to 10 minutes or until set. Cool completely, about 30 minutes.
- ☐ In large bowl, beat milk, cream cheese and lemon juice with electric mixer on medium speed until smooth. Fold in whipped topping.
- ☐ Spread over cooled cookie base.
- ☐ Crumble 5 baked cookies; sprinkle over cream cheese mixture. Cover; refrigerate about 1 hour or until chilled. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:9.01, Inflammation Score:-6, Nutrition Score:15.168695594953%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 325.66kcal (16.28%), Fat: 18.55g (28.54%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 36.15g (13.15%), Sugar: 19.28g (21.42%), Cholesterol: 36.78mg (12.26%), Sodium: 181.1mg (7.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Manganese: 5.24mg (262.25%), Iron: 6.64mg (36.91%), Calcium: 330.45mg (33.04%), Fiber: 4.95g (19.81%), Vitamin B2: 0.27mg (15.83%), Magnesium: 54.94mg (13.73%), Phosphorus: 136.93mg (13.69%), Selenium: 9.5µg (13.57%), Vitamin A: 664.35IU (13.29%), Vitamin C: 10.54mg (12.78%), Potassium: 361.02mg (10.31%), Vitamin K: 9.91µg (9.44%), Vitamin B6: 0.17mg (8.74%), Copper: 0.17mg (8.59%), Zinc: 1.18mg (7.87%), Vitamin E: 1.09mg (7.29%), Vitamin B1: 0.09mg (5.91%), Vitamin B12: 0.33µg (5.52%), Vitamin B3: 0.86mg (4.28%), Folate: 16.45µg (4.11%), Vitamin B5: 0.34mg (3.43%)