



Ginger Cheesecake Dessert

READY IN



70 min.

SERVINGS



15

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 pouch basic cookie mix
- ☐ 8 oz cream cheese softened
- ☐ 1 eggs
- ☐ 0.3 cup juice of lemon fresh
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 1 tablespoon water
- ☐ 2 cups non-dairy whipped topping frozen thawed

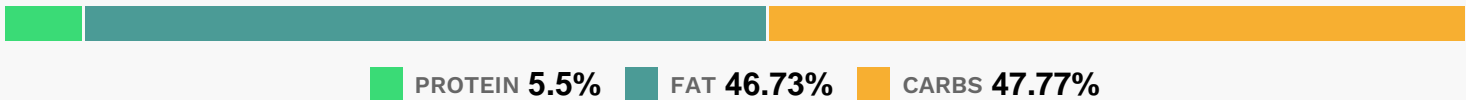
Equipment

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

Directions

- ☐ Heat oven to 375F. 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:-4, Nutrition Score:3.8404348071503%

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: 363.89kcal (18.19%), Fat: 18.79g (28.91%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 42.36g (15.4%), Sugar: 33.04g (36.72%), Cholesterol: 35.38mg (11.79%), Sodium: 198.62mg (8.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin A: 567.93IU (11.36%), Vitamin B2: 0.18mg (10.6%), Calcium: 101.18mg (10.12%), Phosphorus: 98.5mg (9.85%), Selenium: 6.36µg (9.09%), Potassium: 155.91mg (4.45%), Vitamin B5: 0.34mg (3.43%), Fiber: 0.86g (3.42%), Vitamin C: 2.8mg (3.4%), Vitamin B12: 0.2µg (3.39%), Vitamin E: 0.5mg (3.31%), Vitamin B1: 0.04mg (2.79%), Zinc: 0.38mg (2.5%), Magnesium: 9.85mg (2.46%), Folate: 7.11µg (1.78%), Vitamin B6: 0.03mg (1.61%), Iron: 0.25mg (1.4%), Vitamin B3: 0.22mg (1.08%)