



## Ginger-Pear Cheesecake Cups

READY IN



10 min.

SERVINGS



10

CALORIES



84 kcal

### Ingredients

- 0.3 cup philadelphia cream cheese spread
- 12 gingersnaps
- 15 oz pear in juice undrained canned
- 1 cup cool whip whipped topping thawed

### Equipment

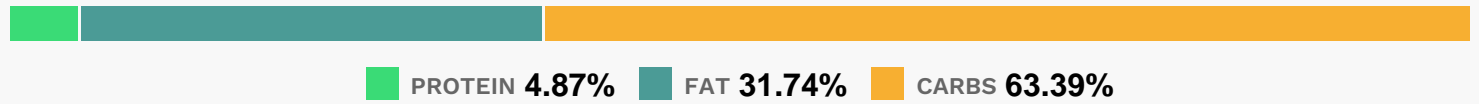
- bowl

### Directions

- Drain pear slices, reserving 1/4 cup of the juice.

- Crush cookies; sprinkle half of the crushed cookies evenly into 4 dessert cups.
- Stir together cream cheese spread and reserved pear juice in medium bowl. Stir in whipped topping; spoon evenly over crushed cookies in dessert cups. Top with pear slices and remaining crushed cookies.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3834782631501%

## Nutrients (% of daily need)

Calories: 84.1kcal (4.21%), Fat: 3.04g (4.67%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 13.41g (4.88%), Sugar: 6.71g (7.46%), Cholesterol: 3.67mg (1.22%), Sodium: 81.75mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin C: 14.37mg (17.42%), Manganese: 0.13mg (6.53%), Iron: 0.55mg (3.03%), Copper: 0.05mg (2.7%), Potassium: 91.92mg (2.63%), Vitamin B2: 0.04mg (2.6%), Calcium: 23.71mg (2.37%), Folate: 9.23µg (2.31%), Vitamin B3: 0.41mg (2.04%), Magnesium: 8.04mg (2.01%), Vitamin K: 1.9µg (1.81%), Phosphorus: 17.62mg (1.76%), Vitamin B1: 0.02mg (1.5%), Vitamin A: 59.63IU (1.19%), Selenium: 0.78µg (1.11%), Vitamin E: 0.16mg (1.05%)