



## Gluten-Free Triple Berry Mini Cheesecakes

READY IN



285 min.

SERVINGS



12

CALORIES



127 kcal

DESSERT

### Ingredients

- 1.5 cups corn flakes/bran flakes crushed
- 2 tablespoons sugar
- 2 tablespoons butter melted
- 0.3 cup sugar
- 1 eggs
- 12 oz strawberry yogurt yoplait®
- 2 teaspoons cornstarch
- 2 cups strawberries fresh sliced (such as strawberries, raspberries and/or blueberries)
- 0.3 cup semi chocolate chips

## Equipment

- bowl
- oven
- wire rack
- hand mixer
- microwave
- muffin liners

## Directions

- Heat oven to 300°F. Line 12 regular-size muffin cups with paper baking cups.
- In medium bowl, mix crust ingredients. Press about 1 tablespoon crust mixture into bottom of each lined muffin cup.
- In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- Add 1/3 cup sugar and the egg. Beat on medium speed about 2 minutes or until smooth.
- Add yogurt and cornstarch. Beat on low speed until smooth. Spoon about 3 tablespoons batter into each muffin cup.
- Bake 20 to 25 minutes or until edges are firm and center is jiggly. Turn off oven; cool in oven 30 minutes with door closed.
- Remove from oven to cooling rack; cool at room temperature 30 minutes. Cover; refrigerate at least 3 hours.
- Remove from muffin pans.
- Top cheesecakes with fresh fruit. In small microwavable bowl, microwave chocolate chips uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted and smooth.
- Drizzle over fruit.

## Nutrition Facts



## Properties

Glycemic Index:21.04, Glycemic Load:8.07, Inflammation Score:-4, Nutrition Score:5.8973913270494%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 127.09kcal (6.35%), Fat: 4.12g (6.34%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 19.57g (7.12%), Sugar: 15.91g (17.68%), Cholesterol: 16.42mg (5.47%), Sodium: 70.52mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 2.45g (4.89%), Vitamin C: 14.12mg (17.11%), Manganese: 0.32mg (16.11%), Iron: 1.84mg (10.23%), Folate: 40.86µg (10.21%), Vitamin B2: 0.15mg (8.66%), Vitamin B12: 0.44µg (7.32%), Fiber: 1.78g (7.13%), Phosphorus: 67.91mg (6.79%), Selenium: 4.22µg (6.02%), Magnesium: 21.69mg (5.42%), Vitamin B6: 0.1mg (5.2%), Vitamin B1: 0.07mg (4.91%), Vitamin A: 241.81IU (4.84%), Vitamin B3: 0.96mg (4.81%), Copper: 0.09mg (4.33%), Calcium: 41.82mg (4.18%), Potassium: 141.01mg (4.03%), Zinc: 0.43mg (2.87%), Vitamin E: 0.24µg (1.61%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.14mg (1.43%)