



Gluten-Free Triple Berry Mini Cheesecakes

READY IN



285 min.

SERVINGS



12

CALORIES



127 kcal

DESSERT

Ingredients

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

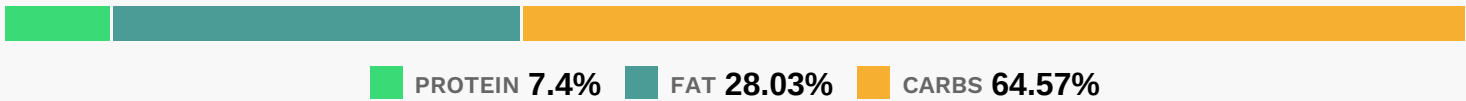
Equipment

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

Directions

- ☐ Heat oven to 300F. 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

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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: Og (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: 0.24mg (1.61%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.14mg (1.43%)