



Icebox Cheesecake

READY IN



15 min.

SERVINGS



8

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 4 cups poached berries fresh assorted pitted sliced
- ☐ 0.5 cup garnish: blackberry jam seedless
- ☐ 1 spiced cookie butter
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup orange liqueur
- ☐ 1 cup powdered sugar
- ☐ 8 servings pretzels
- ☐ 1 teaspoon vanilla extract
- ☐ 8 oz non-dairy whipped topping frozen thawed

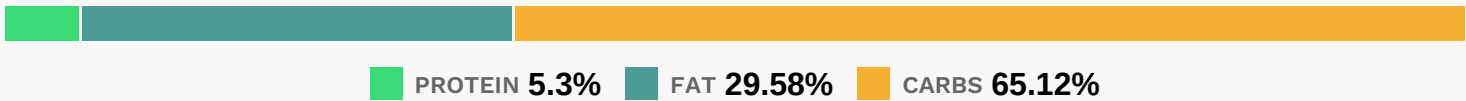
Equipment

☐ hand mixer

Directions

- ☐ Beat cream cheese and powdered sugar at medium speed with an electric mixer until blended. Fold in whipped topping and vanilla; spoon into prepared crust. Cover and chill 8 hours.
- ☐ Arrange fruit over cream cheese filling. Stir together jam and liqueur; drizzle over fruit.
- ☐ Mascarpone Pie: Substitute 1 (8-oz.) container mascarpone cheese for cream cheese, 1/4 cup granulated sugar for powdered sugar, 2 cups whipped cream for whipped topping, and 1 baked Chocolate Butter Cookie Crust for Butter Cookie Crust. Prepare recipe as directed.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:27.52, Inflammation Score:-5, Nutrition Score:7.9708696344624%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 459.78kcal (22.99%), Fat: 14.93g (22.97%), Saturated Fat: 9.11g (56.94%), Carbohydrates: 73.95g (24.65%), Net Carbohydrates: 70.6g (25.67%), Sugar: 42.42g (47.14%), Cholesterol: 29.2mg (9.73%), Sodium: 489.94mg (21.3%), Alcohol: 2.09g (100%), Alcohol %: 1.27% (100%), Protein: 6.01g (12.03%), Manganese: 0.41mg (20.42%), Folate: 65.46µg (16.37%), Vitamin K: 15.05µg (14.34%), Vitamin B2: 0.24mg (14.08%), Fiber: 3.35g (13.39%), Vitamin B1: 0.17mg (11.2%), Vitamin B3: 2.06mg (10.29%), Phosphorus: 102.75mg (10.27%), Iron: 1.69mg (9.4%), Vitamin A: 437.36IU (8.75%), Selenium: 5.05µg (7.22%), Calcium: 66.46mg (6.65%), Vitamin E: 0.92mg

(6.16%), Potassium: 194.42mg (5.55%), Vitamin C: 4.44mg (5.38%), Copper: 0.11mg (5.3%), Vitamin B6: 0.09mg (4.69%), Magnesium: 18.24mg (4.56%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.12µg (1.98%)