



## Individual No-Bake Strawberry Cheesecakes

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



330 kcal

DESSERT

### Ingredients

- 1 cup confectioners' sugar
- 8 ounce cream cheese softened
- 6 individual graham cracker crusts
- 0.7 cup cup heavy whipping cream sour
- 12 strawberries
- 1 teaspoon vanilla extract

### Equipment

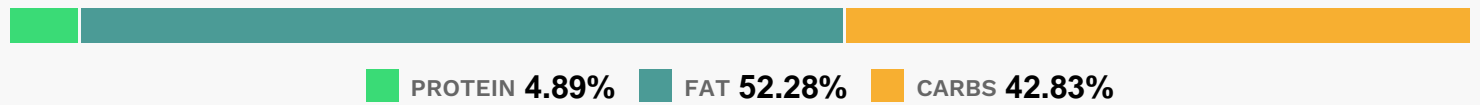
- food processor

spatula

## Directions

- Watch how to make this recipe.
- Coarsely chop 6 berries and place in food processor.
- Add cream cheese, sour cream, confectioners' sugar, vanilla extract and process until smooth. Using a rubber spatula, fill pie tins.
- Garnish cheesecakes with slices of remaining berries.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:8.65, Inflammation Score:-5, Nutrition Score:5.0343478088794%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 329.66kcal (16.48%), Fat: 19.43g (29.9%), Saturated Fat: 10.44g (65.24%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 34.87g (12.68%), Sugar: 26.33g (29.26%), Cholesterol: 53.26mg (17.75%), Sodium: 219.57mg (9.55%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 4.09g (8.18%), Vitamin C: 14.34mg (17.38%), Vitamin A: 669.74IU (13.39%), Vitamin B2: 0.17mg (10.19%), Phosphorus: 93.95mg (9.39%), Calcium: 77.65mg (7.76%), Selenium: 4.41µg (6.3%), Manganese: 0.1mg (5.1%), Magnesium: 17.42mg (4.35%), Folate: 17.14µg (4.28%), Iron: 0.75mg (4.16%), Potassium: 144.73mg (4.14%), Zinc: 0.58mg (3.88%), Fiber: 0.96g (3.82%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.68mg (3.41%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.49mg (3.28%), Vitamin B6: 0.06mg

(2.85%), Vitamin B12: 0.14µg (2.28%), Vitamin K: 1.71µg (1.62%), Copper: 0.03mg (1.45%)