



JELL-O No-Bake Mini Cheesecakes

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



134 kcal

DESSERT

Ingredients

- 11.1 oz jell-o no bake real cheesecake dessert
- 5 Tbsp butter melted
- 1.5 cups milk cold
- 2 Tbsp sugar

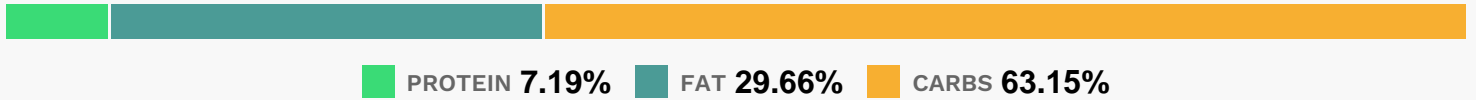
Equipment

- blender
- muffin liners

Directions

- Mix Crust
- Mix, margarine and sugar until blended. Spoon into 12 paper-lined muffin cups; press crust mixture firmly onto bottoms of cups.
- Beat milk and Filling
- Mix with mixer on low speed just until blended, then beat on medium speed 3 min. (Filling will be thick.) Spoon into prepared cups.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:1.3339130529405%

Nutrients (% of daily need)

Calories: 134.28kcal (6.71%), Fat: 4.54g (6.99%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 21.76g (7.91%), Sugar: 20.82g (23.13%), Cholesterol: 2.93mg (0.98%), Sodium: 151.06mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Phosphorus: 55.3mg (5.53%), Vitamin A: 206.45IU (4.13%), Calcium: 32.06mg (3.21%), Selenium: 1.88µg (2.68%), Vitamin B2: 0.04mg (2.61%), Vitamin B12: 0.14µg (2.27%), Vitamin D: 0.27µg (1.79%), Copper: 0.03mg (1.26%), Potassium: 40.06mg (1.14%), Vitamin E: 0.16mg (1.05%)