



Micro Mini Cheesecakes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 8 ounce cream cheese at room temperature
- ☐ 1 large eggs
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 0.3 cup raspberry jam
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.1 teaspoon vanilla extract
- ☐ 6 vanilla wafers reduced-fat

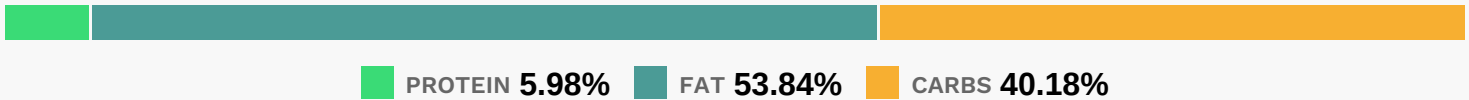
Equipment

- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 37
- ☐ Line muffin tin with foil cupcake liners.
- ☐ Place 1 vanilla wafer (flat side down) in bottom of each liner.
- ☐ With a mixer fitted with a whisk attachment, or with a hand mixer, whip cream cheese until light and fluffy.
- ☐ Add sugar and combine.
- ☐ Mix in egg and vanilla, then flour and salt. Divide the filling among the lined cups, filling each no more than 1/4 cup.
- ☐ Bake for 20 minutes.
- ☐ Let cool to room temperature, or chill for up to 3 days.
- ☐ When ready to serve, top with a spoonful of raspberry jam. Extra cheesecakes can be frozen for up to 2 weeks; defrost at room temperature.

Nutrition Facts



Properties

Glycemic Index:50.68, Glycemic Load:15.25, Inflammation Score:-3, Nutrition Score:3.144347841325%

Nutrients (% of daily need)

Calories: 245.46kcal (12.27%), Fat: 14.88g (22.89%), Saturated Fat: 8.24g (51.5%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 24.73g (8.99%), Sugar: 18.55g (20.61%), Cholesterol: 69.24mg (23.08%), Sodium: 207.73mg (9.03%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 3.72g (7.44%), Vitamin A: 552.65IU (11.05%), Vitamin B2: 0.15mg (9.04%), Selenium: 6.31µg (9.02%), Phosphorus: 62.7mg (6.27%), Calcium: 44.36mg (4.44%), Folate: 15.07µg (3.77%), Vitamin B5: 0.35mg (3.48%), Vitamin B1: 0.04mg (2.9%), Vitamin E: 0.43mg (2.87%), Vitamin B12: 0.16µg (2.62%), Potassium: 78.18mg (2.23%), Zinc: 0.31mg (2.06%), Vitamin B6: 0.04mg (1.92%), Iron: 0.28mg (1.58%), Vitamin C: 1.25mg (1.51%), Copper: 0.03mg (1.42%), Magnesium: 5.09mg (1.27%), Vitamin B3: 0.23mg (1.16%), Vitamin D: 0.17µg (1.11%), Fiber: 0.25g (1.01%)