



Mini Apricot Cheesecakes

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

Ingredients

- 1 cup apricot preserves
- 16 ounces cream cheese softened
- 2 eggs lightly beaten
- 1 tablespoon juice of lemon
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 24 vanilla wafers

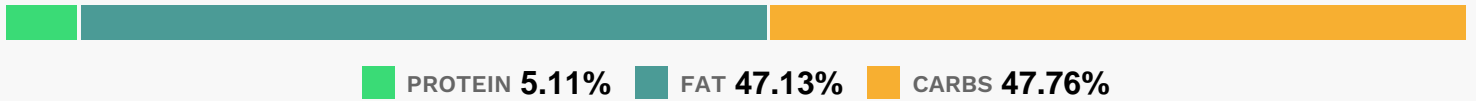
Equipment

- bowl
- oven
- wire rack
- aluminum foil
- muffin liners

Directions

- Place wafers flat side down in paper- or foil-lined muffin cups; set aside. In a large bowl, beat cream cheese and sugar until smooth.
- Add the eggs, lemon juice and vanilla; beat well. Fill muffin cups three-fourths full.
- Bake at 375° for 17–20 minutes or until set. Cool on a wire rack for 20 minutes. Carefully remove from pans to cool completely. Top each cheesecake with 2 teaspoons preserves. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:7.96, Inflammation Score:-2, Nutrition Score:1.6552173922891%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 147.65kcal (7.38%), Fat: 7.94g (12.21%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.98g (6.54%), Sugar: 13.17g (14.64%), Cholesterol: 32.79mg (10.93%), Sodium: 92.7mg (4.03%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.94g (3.87%), Vitamin A: 293.87IU (5.88%), Vitamin B2: 0.08mg (4.57%), Selenium: 2.99µg (4.27%), Phosphorus: 30.36mg (3.04%), Calcium: 22.48mg (2.25%), Folate: 8.93µg (2.23%), Vitamin B1: 0.03mg (2.08%), Vitamin B5: 0.17mg (1.67%), Vitamin E: 0.21mg (1.43%), Vitamin C: 1.11mg (1.34%), Potassium: 43.65mg (1.25%), Vitamin B12: 0.07µg (1.24%)