



## Mini Cranberry-Berry Cheesecakes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



155 min.

SERVINGS



22

CALORIES



213 kcal

### Ingredients

- 8.9 oz crunchy peanut butter crushed
- 0.3 cup butter melted
- 14 oz roasted cranberry sauce whole canned
- 1 envelope gelatin powder unflavored
- 24 oz triple sec light fat free yoplait®
- 1 serving strawberries fresh

### Equipment

- bowl
- sauce pan

muffin liners

## Directions

- Place baking cups in each of 22 regular-size muffin cups.
- In medium bowl, mix crushed granola bars and melted butter until well blended. Spoon about 1 tablespoon crumb mixture into each muffin cup; press in bottom of cup to form crust.
- In 2-quart saucepan, place cranberry sauce; sprinkle with gelatin to soften.
- Heat over low heat, stirring constantly, until gelatin is dissolved, about 3 minutes.
- Remove from heat; pour into medium bowl. Cover and refrigerate about 20 minutes or until mixture mounds slightly when dropped from spoon.
- Beat cranberry mixture until well blended; fold in yogurt. Divide yogurt mixture evenly among muffin cups. Cover; refrigerate about 3 hours or until firm. To serve, remove cheesecakes from muffin cups. Top with fresh berries. Cover and refrigerate any remaining cheesecakes.

## Nutrition Facts



**PROTEIN 7.95%** **FAT 43.16%** **CARBS 48.89%**

## Properties

Glycemic Index:1.82, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:3.189999981095%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.63mg, Pelargonidin: 1.63mg, Pelargonidin: 1.63mg, Pelargonidin: 1.63mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 213.2kcal (10.66%), Fat: 7.94g (12.22%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 19g (6.91%), Sugar: 16.98g (18.87%), Cholesterol: 0mg (0%), Sodium: 84.13mg (3.66%), Alcohol: 8.04g (100%), Alcohol %: 14.58% (100%), Caffeine: 8.04mg (2.68%), Protein: 3.29g (6.58%), Manganese: 0.25mg (12.41%), Vitamin B3: 1.66mg (8.3%), Vitamin E: 0.99mg (6.6%), Magnesium: 20.64mg (5.16%), Fiber: 1.25g (4.99%), Vitamin C: 4.03mg (4.89%), Copper: 0.09mg (4.67%), Phosphorus: 41.45mg (4.15%), Potassium: 110.92mg (3.17%), Folate: 12.42µg (3.11%), Vitamin B6: 0.05mg (2.69%), Zinc: 0.34mg (2.3%), Vitamin A: 100.63IU (2.01%), Iron: 0.34mg (1.89%), Selenium: 1.26µg (1.8%), Vitamin B5: 0.14mg (1.39%), Vitamin B2: 0.02mg (1.37%), Vitamin B1: 0.02mg (1.2%)