



## Mini Cranberry-Berry Cheesecakes

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

READY IN



155 min.

SERVINGS



22

CALORIES



177 kcal

### Ingredients

- 8.9 oz almonds crushed
- 24 oz poached berries light fat free yoplait®
- 0.3 cup butter melted
- 1 envelope gelatin powder unflavored
- 22 servings strawberries fresh
- 14 oz roasted cranberry sauce whole canned

### 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 8.36%** **FAT 39.95%** **CARBS 51.69%**

## Properties

Glycemic Index:2.27, Glycemic Load:3.38, Inflammation Score:-6, Nutrition Score:13.064782626279%

## Flavonoids

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Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 176.55kcal (8.83%), Fat: 8.46g (13.01%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 19.27g (7.01%), Sugar: 15.89g (17.66%), Cholesterol: 0mg (0%), Sodium: 27.71mg (1.2%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Vitamin C: 85.63mg (103.79%), Manganese: 0.87mg (43.73%), Vitamin E: 3.75mg (25%), Fiber: 5.35g (21.39%), Magnesium: 51.74mg (12.93%), Vitamin B2: 0.18mg (10.55%), Folate: 42.07µg (10.52%), Copper: 0.21mg (10.45%), Phosphorus: 94.57mg (9.46%), Potassium: 327.27mg (9.35%), Vitamin K: 8.49µg (8.09%), Iron: 1.15mg (6.38%), Calcium: 57.85mg (5.79%), Vitamin B3: 1.15mg (5.75%), Vitamin B6: 0.1mg (5.22%), Vitamin B1: 0.07mg (4.73%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.28mg (2.75%), Vitamin A: 131.47IU (2.63%), Selenium: 1.27µg (1.82%)