



Miniature Blueberry Cheesecakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 1 pint blueberries
- ☐ 8 ounces cream cheese at room temperature
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 24 vanilla wafers

Equipment

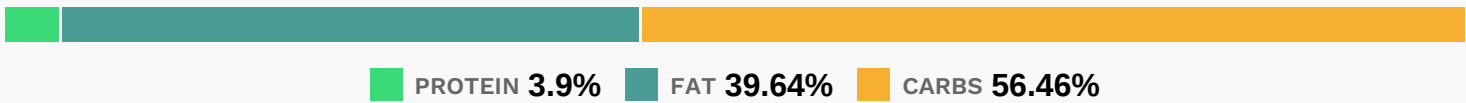
- ☐ food processor

- ☐ knife
- ☐ muffin tray
- ☐ offset spatula

Directions

- ☐ In a food processor pulse cream cheese, sugar, zest and vanilla to combine.
- ☐ Add blueberries and pulse until mixed.
- ☐ Cut 24 small rounds of waxed paper and fit each into a cup of a 24-cup miniature muffin tin. Divide blueberry mixture among cups, spooning in mixture on top of waxed paper. Gently smooth with an offset spatula or back of a teaspoon.
- ☐ Place 1 vanilla wafer, flat side up, on top of each cup, pressing gently to adhere. Cover with plastic and refrigerate for at least 2 hours or overnight.
- ☐ To remove cheesecakes, run a warm, thin knife around each, then slide tip of knife under and lift out.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:8.77, Inflammation Score:-2, Nutrition Score:1.4339130430118%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.33mg, Malvidin: 13.33mg, Malvidin: 13.33mg, Malvidin: 13.33mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 96.65kcal (4.83%), Fat: 4.38g (6.74%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.46g (4.9%), Sugar: 10.48g (11.65%), Cholesterol: 9.6mg (3.2%), Sodium: 54.08mg (2.35%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 0.97g (1.94%), Vitamin K: 4µg (3.81%), Manganese: 0.07mg (3.4%), Vitamin A: 137.64IU (2.75%), Vitamin B2: 0.05mg (2.65%), Vitamin C: 2.13mg (2.58%), Vitamin B1: 0.03mg (2.32%), Fiber: 0.57g (2.3%), Folate: 7.34µg (1.83%), Phosphorus: 15.03mg (1.5%), Vitamin E: 0.19mg (1.29%), Vitamin B3: 0.25mg (1.24%), Selenium: 0.87µg (1.24%), Calcium: 10.65mg (1.07%)