



No-Bake Blueberry Cheesecake with Graham Cracker Crust

READY IN



45 min.

SERVINGS



10

CALORIES



483 kcal

DESSERT

Ingredients

- 2 pint blueberries
- 3 cups blueberries fresh
- 0.7 cup blueberry jam
- 12 ounces cream cheese room temperature
- 1 tablespoon gelatin powder unflavored (measured from 2 envelopes)
- 3 tablespoons brown sugar packed ()
- 9 graham crackers whole
- 1 cup cup heavy whipping cream chilled

- 1 tablespoon juice of lemon fresh
- 0.5 cup rolled oats
- 0.1 teaspoon salt
- 1 tablespoon sugar
- 5 tablespoons butter unsalted melted
- 1 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- springform pan

Directions

- Preheat oven to 350°F. Blend first 4 ingredients in processor until graham crackers are finely ground.
- Add butter and vanilla; process until moist crumbs form. Press crumb mixture onto bottom and 1 inch up sides of 9-inch-diameter springform pan.
- Bake crust until deep golden brown, about 12 minutes. Cool.
- Pour 1/4 cup water into small saucepan; sprinkle gelatin over.
- Let stand 10 minutes. Stir over very low heat just until gelatin dissolves. Set aside.
- Blend cream cheese, cream, sugar, and lemon juice in processor until smooth.
- Add berries; puree until smooth (some blueberry bits will remain). With machine running, add warm gelatin mixture through feed tube and blend well.
- Pour filling into crust. Cover; chill overnight. (Can be made 2 days ahead. Keep chilled.) Run knife around pan sides to loosen cake. Release pan sides.
- Transfer to platter.

- Beat cream and sugar in medium bowl until firm peaks form.
- Spread cream mixture thickly over top of cheesecake.
- Place berries in bowl.
- Heat jam in small saucepan over low heat until just melted.
- Pour jam over berries; toss to coat. Mound coated berries in center of cream, leaving 1-inch plain border. Chill cake at least 1 hour and up to 1 day.

Nutrition Facts



■ **PROTEIN 4.79%**
■ **FAT 50.57%**
■ **CARBS 44.64%**

Properties

Glycemic Index:34.61, Glycemic Load:24.25, Inflammation Score:-7, Nutrition Score:10.404347761818%

Flavonoids

Cyanidin: 11.76mg, Cyanidin: 11.76mg, Cyanidin: 11.76mg, Cyanidin: 11.76mg Petunidin: 43.84mg, Petunidin: 43.84mg, Petunidin: 43.84mg, Petunidin: 43.84mg Delphinidin: 49.26mg, Delphinidin: 49.26mg, Delphinidin: 49.26mg, Delphinidin: 49.26mg Malvidin: 93.97mg, Malvidin: 93.97mg, Malvidin: 93.97mg, Malvidin: 93.97mg Peonidin: 28.21mg, Peonidin: 28.21mg, Peonidin: 28.21mg, Peonidin: 28.21mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg, Myricetin: 1.81mg Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg Gallic acid: 0.17mg, Gallic acid: 0.17mg, Gallic acid: 0.17mg, Gallic acid: 0.17mg

Nutrients (% of daily need)

Calories: 483.36kcal (24.17%), Fat: 27.98g (43.05%), Saturated Fat: 16.23g (101.41%), Carbohydrates: 55.56g (18.52%), Net Carbohydrates: 51.13g (18.59%), Sugar: 34.54g (38.37%), Cholesterol: 76.3mg (25.43%), Sodium: 237.75mg (10.34%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 5.97g (11.93%), Manganese: 0.63mg (31.6%), Vitamin K: 28.88µg (27.51%), Vitamin A: 1056.84IU (21.14%), Vitamin C: 16.2mg (19.64%), Fiber: 4.43g (17.71%), Vitamin B2: 0.24mg (14.03%), Phosphorus: 115.51mg (11.55%), Vitamin E: 1.51mg (10.09%), Selenium: 5.8µg (8.29%), Calcium: 79.04mg (7.9%), Vitamin B1: 0.12mg (7.73%), Copper: 0.15mg (7.49%), Iron: 1.29mg (7.18%), Magnesium: 27.82mg (6.96%), Potassium: 237.75mg (6.79%), Vitamin B6: 0.12mg (6.17%), Vitamin B3: 1.17mg (5.84%), Zinc: 0.87mg (5.77%), Folate: 22.7µg (5.67%), Vitamin B5: 0.49mg (4.92%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.12µg (2.08%)