



No-Bake Cheesecake with Easy Cookie Crust

READY IN



80 min.

SERVINGS



20

CALORIES



125 kcal

Ingredients

- 2 Tbsp blueberries
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 1 medium kiwi fruit peeled sliced
- 1 pkg jell-o lemon flavor gelatin (4-serving size)
- 5 mint sprigs
- 0.3 cup raspberries
- 12 oz chewy strawberry-filled cookies divided
- 0.5 cup water boiling
- 0.7 cup cool whip lite whipped topping thawed

Equipment

- bowl
- frying pan
- blender
- springform pan

Directions

- Stand 14 of the cookies, with sides touching, around side of 9-inch springform pan. Chop remaining cookies; sprinkle onto bottom of pan. Set aside.
- Stir boiling water into dry gelatin in small bowl at least 2 min. until completely dissolved; cool slightly.
- Place gelatin and cottage cheese in blender container; cover. Blend until smooth; pour into prepared pan. Refrigerate 1 hour or until set. Top with whipped topping, fruit and mint just before serving. Store leftover cheesecake in refrigerator.

Nutrition Facts

 **PROTEIN 12.94%**  **FAT 28.6%**  **CARBS 58.46%**

Properties

Glycemic Index:5.93, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.457391295744%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg, Malvidin: 1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 124.72kcal (6.24%), Fat: 4g (6.15%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 17.84g (6.49%), Sugar: 12.17g (13.52%), Cholesterol: 0.96mg (0.32%), Sodium: 180.31mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Phosphorus: 53.33mg (5.33%), Vitamin B2: 0.09mg (5.04%), Vitamin C: 4.01mg (4.87%), Selenium: 2.91µg (4.16%), Manganese: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.48%), Folate: 13.3µg (3.33%), Vitamin K: 3.19µg (3.04%), Vitamin B3: 0.53mg (2.63%), Iron: 0.45mg (2.52%), Vitamin B12: 0.15µg (2.46%), Vitamin E: 0.37mg (2.45%), Calcium: 23.17mg (2.32%), Fiber: 0.54g (2.18%), Copper: 0.04mg (2.05%), Potassium: 51.64mg (1.48%), Vitamin B5: 0.13mg (1.32%), Magnesium: 5.18mg (1.3%), Vitamin B6: 0.02mg (1.19%), Zinc: 0.18mg (1.17%)