



WHATSheATE



No-Bake Fruity Cheesecake Pie

READY IN



145 min.

SERVINGS



8

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 6 oz chocolate pie crust
- ☐ 8 oz cream cheese softened
- ☐ 2 kiwi fruit peeled sliced quartered
- ☐ 24 marshmallows
- ☐ 0.8 cup milk
- ☐ 2 tablespoons pear liqueur orange-flavored
- ☐ 2 tablespoons powdered sugar
- ☐ 1.5 cups raspberries fresh

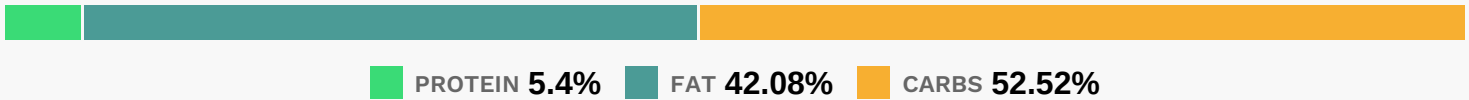
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ In 2-quart saucepan, heat milk over medium heat until steaming.
- ☐ Add marshmallows; remove from heat.
- ☐ Let stand 15 minutes to soften marshmallows, stirring several times until smooth.
- ☐ In medium bowl with electric mixer, beat cream cheese on medium speed until fluffy. Beat in marshmallow mixture and liqueur.
- ☐ Pour into crumb crust. Refrigerate until set, about 2 hours.
- ☐ In another medium bowl, gently mix kiwifruit and raspberries. Refrigerate until serving time.
- ☐ To serve, cut pie into wedges; place on individual dessert plates. Spoon fruit mixture over wedges.
- ☐ Sprinkle with powdered sugar. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:12.78, Inflammation Score:-4, Nutrition Score:6.6365216866783%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

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Nutrients (% of daily need)

Calories: 330.19kcal (16.51%), Fat: 15.46g (23.79%), Saturated Fat: 7.24g (45.24%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 40.86g (14.86%), Sugar: 26.8g (29.78%), Cholesterol: 31.38mg (10.46%), Sodium: 223.71mg (9.73%), Alcohol: 1.49g (100%), Alcohol %: 1.31% (100%), Protein: 4.47g (8.93%), Vitamin C: 22.89mg (27.74%), Vitamin K: 11.59µg (11.04%), Fiber: 2.55g (10.19%), Phosphorus: 98.72mg (9.87%), Vitamin B2: 0.15mg (9%), Manganese: 0.18mg (8.94%), Vitamin A: 445.01IU (8.9%), Folate: 28.28µg (7.07%), Calcium: 69.87mg (6.99%), Vitamin B1: 0.09mg (6.3%), Magnesium: 20.47mg (5.12%), Potassium: 178mg (5.09%), Iron: 0.91mg (5.06%), Vitamin E: 0.75mg (4.98%), Selenium: 3.33µg (4.76%), Vitamin B3: 0.81mg (4.03%), Copper: 0.08mg (3.83%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.19µg (3.1%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.37mg (2.47%), Vitamin D: 0.25µg (1.68%)