



No-Bake Strawberry Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 6 ounces graham cracker crust prepared
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 pound strawberries fresh hulled halved lengthwise
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons vanilla extract pure
- ☐ 8 ounces non-dairy whipped topping thawed prepared

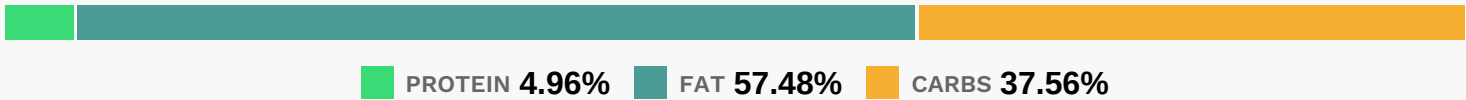
Equipment

☐ oven

Directions

- ☐ Beat the cream cheese until smooth with an electric mixer. Gradually beat in the sugar. Beat in the sourcream and vanilla until just combined. Fold in the whipped topping. Scrape mixture into the pie crust. (There may be some filling left over. If so, reserve it to be decoratively piped onto the top of the pie.) Chill in the refrigerator for 4 hours.
- ☐ Starting in the center, arrange the strawberries in a circular pattern. Pipe with extra filling, if desired.
- ☐ If you prefer to make a graham cracker crust, combine 1 1/4 cups graham cracker crumbs with 1/4 cup sugar and 1/3 cup melted butter. Press the mixture into a 9-inch pie plate and bake for 8 minutes in a preheated 350°F oven. Cool completely.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:7.53, Inflammation Score:-5, Nutrition Score:8.2673913706904%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 379.28kcal (18.96%), Fat: 24.51g (37.71%), Saturated Fat: 12.91g (80.66%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 34.5g (12.55%), Sugar: 23.8g (26.45%), Cholesterol: 46.16mg (15.39%), Sodium: 219.23mg (9.53%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 4.76g (9.52%), Vitamin C: 33.6mg (40.72%), Manganese: 0.5mg (25.07%), Vitamin A: 587.84IU (11.76%), Vitamin B2: 0.2mg (11.72%), Phosphorus: 111.71mg (11.17%), Calcium: 92.1mg (9.21%), Folate: 32.56µg (8.14%), Vitamin K: 7.82µg (7.44%), Selenium: 5.01µg (7.16%), Vitamin E: 1.05mg (7.02%), Fiber: 1.54g (6.15%), Potassium: 214.41mg (6.13%), Magnesium: 19.79mg (4.95%), Vitamin B3: 0.99mg (4.94%), Iron: 0.87mg (4.84%), Vitamin B1: 0.07mg (4.72%), Copper: 0.09mg (4.45%), Zinc: 0.61mg (4.08%), Vitamin B6: 0.08mg (3.82%), Vitamin B5: 0.37mg (3.67%), Vitamin B12: 0.18µg (2.99%)