



Peachy Berry Dessert

READY IN



30 min.

SERVINGS



12

CALORIES



413 kcal

DESSERT

Ingredients

- 1 Tbsp butter melted
- 16 oz philadelphia cream cheese softened
- 0.5 tsp ground cinnamon
- 30 oz peach in juice undrained canned
- 15 oz ready-to-use pie crusts refrigerated (1 crust)
- 0.5 cup strawberries
- 0.5 cup sugar
- 1 Tbsp sugar
- 8 oz cool whip whipped topping thawed

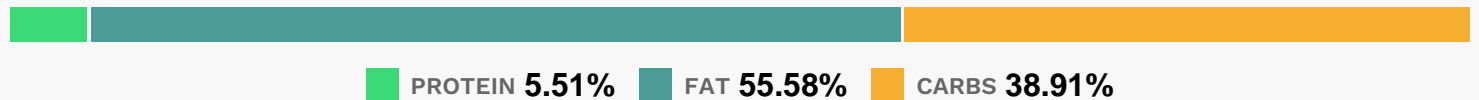
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 400F.
- Mix 1 Tbsp. sugar and cinnamon. Unfold crust; cut into 12 wedges.
- Place pastry wedges, 1/2 inch apart, on baking sheet.
- Brush with melted butter; sprinkle evenly with cinnamon-sugar mixture.
- Bake 8 to 10 min. or until lightly browned.
- Drain peaches, reserving 1/2 cup juice. Beat cream cheese and 1/2 cup sugar in large bowl with wire whisk until well blended. Gradually beat in reserved 1/2 cup juice. Gently stir in whipped topping.
- Spoon into 12 individual dessert dishes. Top with peaches, strawberries and pastry wedges.

Nutrition Facts



Properties

Glycemic Index:21.04, Glycemic Load:9.67, Inflammation Score:-6, Nutrition Score:6.789999951487%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg

Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 412.86kcal (20.64%), Fat: 25.9g (39.84%), Saturated Fat: 12.87g (80.45%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 38.66g (14.06%), Sugar: 21.44g (23.82%), Cholesterol: 38.56mg (12.85%), Sodium: 297.61mg (12.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.55%), Vitamin A: 795.81IU (15.92%), Manganese: 0.25mg (12.32%), Vitamin B2: 0.19mg (11.16%), Selenium: 7.3µg (10.42%), Phosphorus: 97.32mg (9.73%), Folate: 34.49µg (8.62%), Vitamin B1: 0.13mg (8.57%), Fiber: 2.13g (8.51%), Vitamin B3: 1.61mg (8.03%), Vitamin C: 6.44mg (7.81%), Vitamin E: 1.16mg (7.71%), Iron: 1.26mg (7.01%), Calcium: 62.14mg (6.21%), Vitamin K: 6.28µg (5.98%), Potassium: 200.15mg (5.72%), Vitamin B5: 0.48mg (4.76%), Copper: 0.09mg (4.72%), Magnesium: 16.59mg (4.15%), Zinc: 0.54mg (3.61%), Vitamin B6: 0.06mg (3.17%), Vitamin B12: 0.12µg (2.04%)