



PHILADELPHIA 3-STEP Mini Cheesecakes

 Vegetarian

READY IN



250 min.

SERVINGS



10

CALORIES



289 kcal

DESSERT

Ingredients

- 0.5 cup blueberries fresh
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 1 kiwi fruit
- 12 oreo cookies
- 0.3 cup raspberries fresh
- 0.5 cup sugar
- 0.5 tsp vanilla

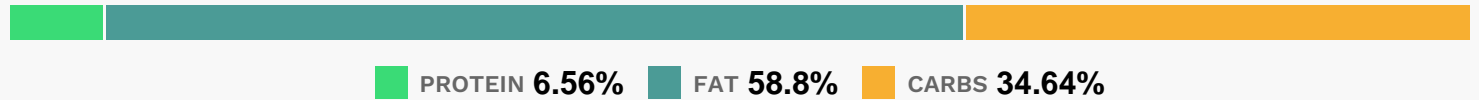
Equipment

- oven
- blender
- muffin liners

Directions

- Heat oven to 350F.
- Beat cream cheese, sugar and vanilla with mixer until blended.
- Add eggs; mix just until blended.
- Place 1 cookie in each of 12 paper-lined muffin cups; top with cream cheese mixture.
- Bake 20 min. or until centers are almost set. Cool. Refrigerate 3 hours. Peel kiwi; cut into 6 slices, then cut each slice in half.
- Place 1 kiwi piece on each cheesecake. Top with berries.

Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:8.6, Inflammation Score:-5, Nutrition Score:6.0008695592051%

Flavonoids

Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg, Cyanidin: 2.46mg Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg, Petunidin: 2.35mg Delphinidin: 2.67mg, Delphinidin: 2.67mg, Delphinidin: 2.67mg, Delphinidin: 2.67mg Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 288.84kcal (14.44%), Fat: 19.31g (29.71%), Saturated Fat: 10.26g (64.11%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.47g (8.9%), Sugar: 19.34g (21.49%), Cholesterol: 78.55mg (26.18%), Sodium: 211.48mg (9.19%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 4.85g (9.7%), Vitamin A: 670.22IU (13.4%), Iron: 2.02mg (11.23%), Vitamin B2: 0.19mg (11.04%), Selenium: 7.44µg (10.64%), Vitamin C: 8.56mg (10.38%), Vitamin K: 10.33µg (9.84%), Phosphorus: 84.5mg (8.45%), Manganese: 0.17mg (8.33%), Vitamin E: 1.03mg (6.89%), Calcium: 56.7mg (5.67%), Folate: 20.65µg (5.16%), Vitamin B5: 0.48mg (4.76%), Fiber: 1.13g (4.51%), Copper: 0.08mg (4.17%), Potassium: 135.98mg (3.89%), Magnesium: 14.71mg (3.68%), Zinc: 0.49mg (3.26%), Vitamin B1: 0.05mg (3.25%), Vitamin B12: 0.18µg (2.97%), Vitamin B6: 0.06mg (2.77%), Vitamin B3: 0.51mg (2.56%), Vitamin D: 0.18µg (1.17%)