



PHILADELPHIA 3-STEP Raspberry-Swirl Cheesecake

READY IN



290 min.

SERVINGS



50

CALORIES



67 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 1 cup raspberries fresh
- 3 Tbsp raspberry preserves red
- 0.5 cup sugar
- 0.5 tsp vanilla
- 1 cup cool whip whipped topping thawed

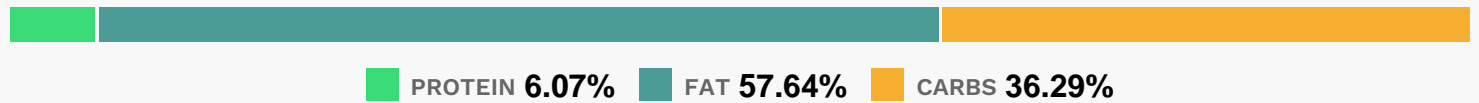
Equipment

- oven
- knife
- blender

Directions

- Heat oven to 350F.
- Beat cream cheese, sugar and vanilla with mixer until blended.
- Add eggs; mix just until blended.
- Pour into crust. Dot top of batter with preserves; swirl gently with knife.
- Bake 40 min. or until center is almost set. Cool completely. Refrigerate several hours.
- Serve topped with COOL WHIP and raspberries.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:2.01, Inflammation Score:-1, Nutrition Score:1.1421738986088%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 67.08kcal (3.35%), Fat: 4.35g (6.69%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.93g (2.16%), Sugar: 4.01g (4.45%), Cholesterol: 15.74mg (5.25%), Sodium: 48.52mg (2.11%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 1.03g (2.06%), Manganese: 0.06mg (3.1%), Vitamin A:

133.27IU (2.67%), Vitamin B2: 0.04mg (2.34%), Selenium: 1.49µg (2.12%), Phosphorus: 19.21mg (1.92%), Calcium: 12.7mg (1.27%), Vitamin E: 0.19mg (1.26%), Folate: 4.54µg (1.13%), Vitamin K: 1.17µg (1.12%)