



## PHILADELPHIA 3-STEP Raspberry-Swirl Cheesecake

READY IN



290 min.

SERVINGS



8

CALORIES



419 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

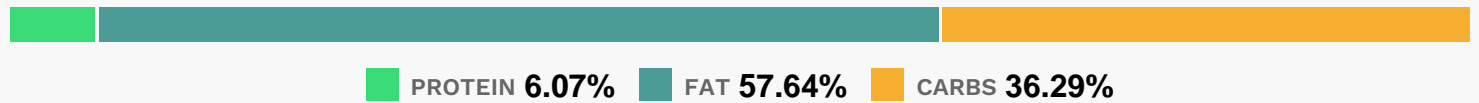
## Equipment

- 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:22.26, Glycemic Load:12.58, Inflammation Score:-5, Nutrition Score:7.1378260591756%

## Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 419.23kcal (20.96%), Fat: 27.19g (41.84%), Saturated Fat: 13.92g (87.02%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 37.07g (13.48%), Sugar: 25.04g (27.82%), Cholesterol: 98.37mg (32.79%), Sodium: 303.25mg (13.18%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 6.45g (12.89%), Manganese: 0.39mg (19.38%), Vitamin A: 832.97IU (16.66%), Vitamin B2: 0.25mg (14.61%), Selenium: 9.29µg (13.27%), Phosphorus: 120.05mg (12.01%), Calcium: 79.38mg (7.94%), Vitamin E: 1.18mg (7.89%), Folate: 28.35µg (7.09%), Vitamin K: 7.33µg (6.98%), Fiber: 1.46g (5.85%), Vitamin B5: 0.58mg (5.81%), Vitamin C: 4.59mg (5.56%), Iron: 0.96mg (5.35%), Zinc: 0.77mg (5.13%), Copper: 0.09mg (4.43%), Potassium: 152.58mg (4.36%), Vitamin B1: 0.06mg (4.3%), Vitamin B3: 0.85mg (4.24%), Vitamin B12: 0.24µg (4.02%), Vitamin B6: 0.08mg (3.92%), Magnesium: 15.6mg (3.9%), Vitamin D: 0.22µg (1.47%)