



PHILADELPHIA No-Bake Cheesecake

READY IN



220 min.

SERVINGS



8

CALORIES



238 kcal

DESSERT

Ingredients

- 1.3 cups graham crackers crushed finely
- 3 kiwis peeled sliced
- 3 Tbsp butter melted
- 8 oz philadelphia neufchatel cheese softened
- 6 Tbsp granular no-calorie sweetener divided
- 1 cup strawberries fresh sliced
- 1.5 cups cool whip whipped topping sugar free thawed

Equipment

bowl

oven

Directions

Heat oven to 375F.

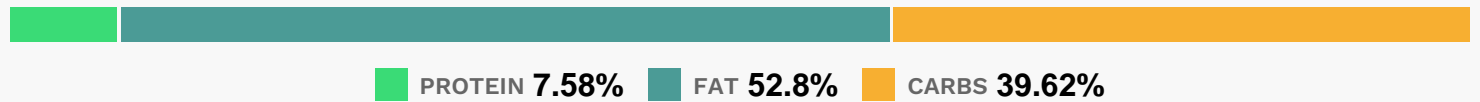
Combine graham crumbs, 2 Tbsp. granulated sweetener and margarine; press onto bottom and up side of 9-inch pie plate.

Bake 8 to 10 min. or until lightly browned; cool completely.

Mix Neufchatel and remaining granulated sweetener in medium bowl until blended. Gently stir in COOL WHIP; spoon into crust. Refrigerate 3 hours.

Top with fruit before serving.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:11.77, Inflammation Score:-5, Nutrition Score:6.7386957199677%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 237.68kcal (11.88%), Fat: 14.23g (21.89%), Saturated Fat: 6.34g (39.61%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 22.13g (8.05%), Sugar: 13.43g (14.92%), Cholesterol: 21.26mg (7.09%), Sodium: 255.06mg

(11.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.19%), Vitamin C: 36.09mg (43.74%), Vitamin K: 15.08µg (14.36%), Phosphorus: 96.96mg (9.7%), Vitamin A: 468.47IU (9.37%), Fiber: 1.89g (7.57%), Calcium: 71.4mg (7.14%), Vitamin B2: 0.11mg (6.3%), Folate: 24.54µg (6.13%), Vitamin E: 0.84mg (5.62%), Manganese: 0.11mg (5.3%), Potassium: 181.25mg (5.18%), Magnesium: 20.63mg (5.16%), Iron: 0.83mg (4.59%), Vitamin B3: 0.84mg (4.19%), Zinc: 0.61mg (4.07%), Vitamin B1: 0.06mg (3.82%), Copper: 0.07mg (3.4%), Vitamin B6: 0.06mg (2.96%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.12µg (1.97%), Selenium: 1.33µg (1.9%)