



PHILADELPHIA No-Bake Mini Cheesecakes

READY IN



70 min.

SERVINGS



10

CALORIES



244 kcal

DESSERT

Ingredients

- 2 Tbsp multi-colored sprinkles
- 8 oz philadelphia cream cheese softened
- 12 oreo cookies
- 0.5 cup sugar
- 8 oz cool whip whipped topping thawed

Equipment

- muffin liners

Directions

- Beat cream cheese and sugar until blended. Gently stir in COOL WHIP.
- Place cookies in 12 paper-lined muffin cups; top with cream cheese mixture and sprinkles.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:7.32, Inflammation Score:-2, Nutrition Score:3.2356521720472%

Nutrients (% of daily need)

Calories: 243.96kcal (12.2%), Fat: 13.66g (21.01%), Saturated Fat: 8.05g (50.34%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 28.25g (10.27%), Sugar: 23.87g (26.52%), Cholesterol: 23.36mg (7.79%), Sodium: 143.52mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Iron: 1.79mg (9.97%), Vitamin A: 321.66IU (6.43%), Vitamin B2: 0.11mg (6.4%), Phosphorus: 54.44mg (5.44%), Manganese: 0.1mg (5.03%), Vitamin K: 5.15µg (4.9%), Selenium: 3.3µg (4.72%), Vitamin E: 0.66mg (4.43%), Calcium: 41.23mg (4.12%), Folate: 11.51µg (2.88%), Copper: 0.06mg (2.76%), Magnesium: 10.4mg (2.6%), Vitamin B1: 0.04mg (2.54%), Potassium: 86.74mg (2.48%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.17mg (1.72%), Fiber: 0.42g (1.67%), Zinc: 0.24mg (1.62%), Vitamin B12: 0.1µg (1.59%), Vitamin B6: 0.02mg (1.03%)