



PHILADELPHIA Strawberry Fields No-Bake Cheesecake

READY IN



255 min.

SERVINGS



15

CALORIES



367 kcal

DESSERT

Ingredients

- 2 cups graham crackers crushed finely
- 6 Tbsp butter melted
- 32 oz philadelphia neufchatel cheese softened
- 2 cups strawberries fresh chopped
- 0.5 cup strawberry preserves
- 1 cup sugar divided
- 8 oz cool whip lite whipped topping thawed

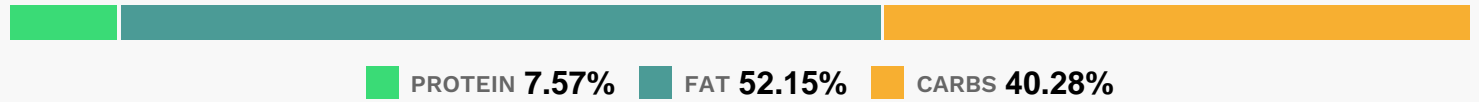
Equipment

- bowl
- frying pan
- blender

Directions

- Mix graham crumbs, margarine and 1/4 cup sugar; press onto bottom of 13x9-inch pan. Refrigerate while preparing filling.
- Beat Neufchatel and 3/4 cup of the remaining sugar in large bowl with mixer until blended.
- Add preserves; mix well.
- Mash strawberries with remaining sugar until blended.
- Add to Neufchatel mixture along with the COOL WHIP; stir just until blended.
- Spread over crust.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:17.74, Glycemic Load:21.02, Inflammation Score:-5, Nutrition Score:5.2386956370395%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg 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: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

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0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 367.01kcal (18.35%), Fat: 21.57g (33.19%), Saturated Fat: 10.57g (66.06%), Carbohydrates: 37.5g (12.5%),
Net Carbohydrates: 36.58g (13.3%), Sugar: 28g (31.11%), Cholesterol: 45.06mg (15.02%), Sodium: 348.73mg
(15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.09%), Vitamin C: 12.3mg (14.91%), Vitamin A:
722.43IU (14.45%), Phosphorus: 126.94mg (12.69%), Calcium: 98.13mg (9.81%), Vitamin B2: 0.15mg (9.03%), Zinc:
0.78mg (5.19%), Folate: 20.35µg (5.09%), Potassium: 169.16mg (4.83%), Magnesium: 17.3mg (4.33%), Manganese:
0.09mg (4.29%), Iron: 0.73mg (4.06%), Vitamin B5: 0.38mg (3.79%), Vitamin E: 0.56mg (3.74%), Fiber: 0.92g
(3.67%), Selenium: 2.56µg (3.66%), Vitamin B12: 0.22µg (3.62%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.68mg
(3.38%), Vitamin B6: 0.05mg (2.58%), Copper: 0.04mg (2.15%), Vitamin K: 1.93µg (1.84%)