



PHILADELPHIA Strawberry Fields No-Bake Cheesecake

READY IN



255 min.

SERVINGS



16

CALORIES



344 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

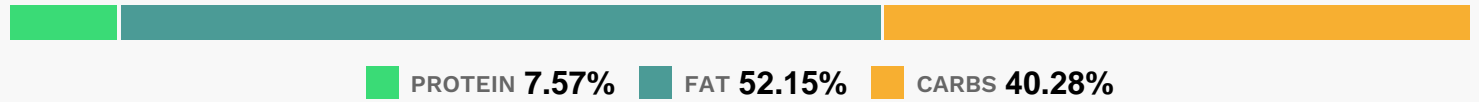
Equipment

- 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:16.63, Glycemic Load:19.71, Inflammation Score:-5, Nutrition Score:4.9113043391186%

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: 0.08mg, 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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 344.07kcal (17.2%), Fat: 20.23g (31.12%), Saturated Fat: 9.91g (61.93%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 34.29g (12.47%), Sugar: 26.25g (29.17%), Cholesterol: 42.24mg (14.08%), Sodium: 326.93mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.21%), Vitamin C: 11.53mg (13.98%), Vitamin A: 677.28IU (13.55%), Phosphorus: 119.01mg (11.9%), Calcium: 91.99mg (9.2%), Vitamin B2: 0.14mg (8.47%), Zinc: 0.73mg (4.87%), Folate: 19.08µg (4.77%), Potassium: 158.59mg (4.53%), Magnesium: 16.22mg (4.06%), Manganese: 0.08mg (4.02%), Iron: 0.68mg (3.8%), Vitamin B5: 0.36mg (3.55%), Vitamin E: 0.53mg (3.5%), Fiber: 0.86g (3.44%), Selenium: 2.4µg (3.43%), Vitamin B12: 0.2µg (3.39%), Vitamin B1: 0.05mg (3.17%), Vitamin B3: 0.63mg (3.17%), Vitamin B6: 0.05mg (2.42%), Copper: 0.04mg (2.01%), Vitamin K: 1.81µg (1.73%)