



PHILADELPHIA® 3-STEP® Amaretto Berry Cheesecake

READY IN



230 min.

SERVINGS



50

CALORIES



65 kcal

DESSERT

Ingredients

- 3 Tbsp almond-flavored liqueur
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 2 cups poached berries mixed sliced (blueberries, raspberries and strawberries)
- 0.5 cup sugar
- 0.5 tsp vanilla

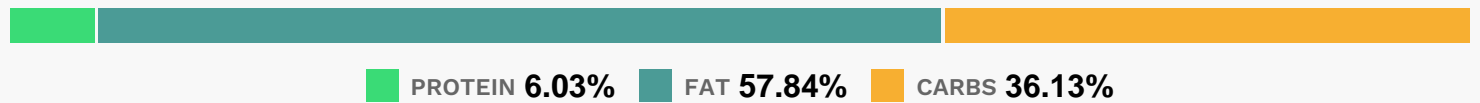
Equipment

- bowl
- oven
- hand mixer

Directions

- Preheat oven to 350F. Beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add liqueur; mix well.
- Add eggs; beat just until blended.
- Pour into crust.
- Bake 35 to 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top with berries just before serving. Store leftover cheesecake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.0995652176764%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 1.13mg, Petunidin: 1.13mg, Petunidin: 1.13mg, Petunidin: 1.13mg Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg Malvidin: 3.08mg, Malvidin: 3.08mg, Malvidin: 3.08mg, Malvidin: 3.08mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 65.38kcal (3.27%), Fat: 4.18g (6.43%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.91g (4.34%), Cholesterol: 15.71mg (5.24%), Sodium: 47.17mg (2.05%), Alcohol: 0.21g (100%), Alcohol %: 1.14% (100%), Protein: 0.98g (1.96%), Manganese: 0.05mg (2.73%), Vitamin A:

134.22IU (2.68%), Vitamin B2: 0.04mg (2.29%), Selenium: 1.43µg (2.04%), Vitamin K: 1.95µg (1.86%), Phosphorus: 17.86mg (1.79%), Vitamin E: 0.19mg (1.26%), Calcium: 11.29mg (1.13%), Folate: 4.29µg (1.07%)