



PHILADELPHIA® 3-STEP® Macaroon Cheesecake

READY IN



230 min.

SERVINGS



50

CALORIES



68 kcal

DESSERT

Ingredients

- 2 Tbsp butter melted
- 2 cups coconut macaroon cookie crumbs soft
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 0.5 tsp imitation vanilla
- 1 cup strawberries sliced
- 0.5 cup sugar

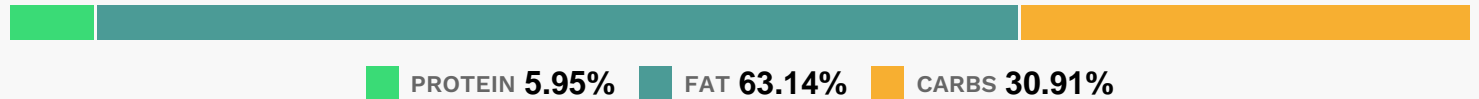
Equipment

- bowl
- oven
- hand mixer

Directions

- Preheat oven to 350F.
- Mix crumbs and butter. Press firmly onto bottom and up side of greased 9-inch pie plate. Beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add eggs; mix just until blended.
- Pour into crust.
- Bake 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top with strawberries just before serving.

Nutrition Facts



Properties

Glycemic Index:4.02, Glycemic Load:3.2, Inflammation Score:-1, Nutrition Score:1.1147825983555%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.72mg, Pelargonidin: 0.72mg, Pelargonidin: 0.72mg, Pelargonidin: 0.72mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 67.6kcal (3.38%), Fat: 4.8g (7.39%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 5.18g (1.88%), Sugar: 3.35g (3.73%), Cholesterol: 15.71mg (5.24%), Sodium: 50.44mg (2.19%),

Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 1.02g (2.04%), Vitamin A: 155.16IU (3.1%), Vitamin B2: 0.04mg (2.51%), Selenium: 1.59µg (2.27%), Vitamin C: 1.69mg (2.05%), Phosphorus: 16.65mg (1.67%), Manganese: 0.03mg (1.5%), Vitamin E: 0.22mg (1.47%), Folate: 5.58µg (1.4%), Vitamin B1: 0.02mg (1.18%), Calcium: 10.96mg (1.1%)