



Quick Cheesecake Cones

READY IN



10 min.

SERVINGS



10

CALORIES



216 kcal

Ingredients

- 24.2 oz philadelphia ready-to-eat cheesecake filling
- 2 Tbsp multi-colored sprinkles
- 12 ice cream cones

Equipment

Directions

- Spoon cheesecake filling into ice cream cones.
- Top with sprinkles.
- Serve immediately.

Nutrition Facts

■ PROTEIN 7.49% ■ FAT 37.67% ■ CARBS 54.84%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:1.4539130485576%

Nutrients (% of daily need)

Calories: 216.46kcal (10.82%), Fat: 9.15g (14.07%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 28.51g (10.37%), Sugar: 2.11g (2.34%), Cholesterol: 19.9mg (6.63%), Sodium: 272.99mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Iron: 2.23mg (12.39%), Fiber: 1.45g (5.79%), Potassium: 150.13mg (4.29%), Folate: 8.3µg (2.08%), Manganese: 0.03mg (1.37%), Calcium: 12.86mg (1.29%), Vitamin B3: 0.21mg (1.06%)