



Quick Key Lime Cheesecake

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



142 kcal

Ingredients

- 6 oz ready-to-use graham cracker crumb crust
- 24.2 oz philadelphia ready-to-eat cheesecake filling key lime
- 8 servings cool whip whipped topping (in a can)

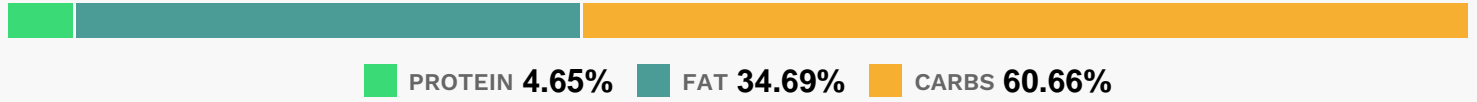
Equipment

Directions

- Spoon cheesecake filling into crust; smooth top lightly with back of spoon.
- Top with COOL WHIP.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:2.11, Inflammation Score:-3, Nutrition Score:5.1047826111317%

Flavonoids

Hesperetin: 36.88mg, Hesperetin: 36.88mg, Hesperetin: 36.88mg, Hesperetin: 36.88mg Naringenin: 2.92mg, Naringenin: 2.92mg, Naringenin: 2.92mg, Naringenin: 2.92mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 142.33kcal (7.12%), Fat: 6.03g (9.28%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 20.93g (7.61%), Sugar: 6.36g (7.07%), Cholesterol: 0.09mg (0.03%), Sodium: 105.1mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin C: 24.96mg (30.25%), Manganese: 0.28mg (14.03%), Fiber: 2.81g (11.22%), Iron: 1.07mg (5.95%), Folate: 20.82µg (5.2%), Copper: 0.1mg (5.18%), Vitamin K: 5.29µg (5.04%), Vitamin B1: 0.07mg (4.38%), Phosphorus: 43.64mg (4.36%), Vitamin B3: 0.86mg (4.3%), Vitamin E: 0.6mg (4.03%), Vitamin B2: 0.07mg (3.91%), Calcium: 37.66mg (3.77%), Potassium: 116.04mg (3.32%), Vitamin B6: 0.05mg (2.7%), Magnesium: 10.35mg (2.59%), Zinc: 0.36mg (2.43%), Vitamin B5: 0.22mg (2.24%), Selenium: 1µg (1.43%)