



Raspberry Cup Cakes

READY IN



315 min.

SERVINGS



12

CALORIES



230 kcal

Ingredients

- 3 tablespoons butter melted
- 8 ounce cream cheese
- 0.8 cup graham cracker crumbs
- 0.3 cup pecans chopped
- 0.8 cup raspberries fresh crushed
- 10.5 fluid ounces condensed milk sweetened
- 1 cup non-dairy whipped topping frozen thawed

Equipment

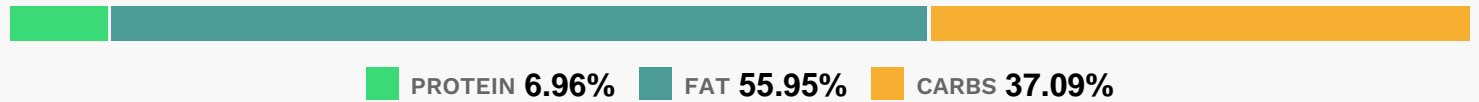
- bowl

muffin tray

Directions

- Line a 12 cup muffin pan with paper cup liners. In a medium bowl, combine graham cracker crumbs, crushed pecans and melted margarine, mixing well to blend. Spoon mixture evenly into a 12 cup muffin pan lined with paper cup liners. Press mixture with a spoon to firm bottom. Puree raspberries and set aside.
- Beat cream cheese until fluffy.
- Add condensed milk and 1/2 cup of the raspberry puree and mix until well blended. Fold in whipped topping.
- Spoon evenly into baking cups. Freeze for at least 5 hours. When ready to serve, remove paper liners. Invert cakes onto individual serving plates.
- Drizzle remaining raspberry puree over cakes.
- Garnish with a few whole raspberries.
- Serve frozen.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:11.81, Inflammation Score:-3, Nutrition Score:4.3882609230021%

Flavonoids

Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 230.15kcal (11.51%), Fat: 14.62g (22.49%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 20.92g (7.61%), Sugar: 17.89g (19.88%), Cholesterol: 35.54mg (11.85%), Sodium: 153.88mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Phosphorus: 110.22mg (11.02%), Calcium: 104.7mg (10.47%), Vitamin B2: 0.18mg (10.37%), Vitamin A: 418.74IU (8.37%), Selenium: 5.74µg (8.2%), Manganese: 0.16mg (7.8%), Potassium: 158.02mg (4.51%), Magnesium: 16.43mg (4.11%), Zinc: 0.58mg (3.89%), Vitamin B1: 0.06mg (3.89%), Fiber: 0.88g (3.54%), Vitamin B5: 0.35mg (3.5%), Vitamin C: 2.66mg (3.23%), Vitamin B12: 0.17µg (2.9%), Vitamin E: 0.41mg (2.76%), Folate: 9.33µg (2.33%), Iron: 0.4mg (2.24%), Copper: 0.04mg (2.17%), Vitamin B6: 0.04mg (1.96%), Vitamin B3: 0.35mg (1.75%), Vitamin K: 1.66µg (1.58%)