

Raspberry Swirl

READY IN



60 min.

SERVINGS



15

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 8 ounce cream cheese
- 0.3 teaspoon cream of tartar
- 4 egg whites
- 4 egg yolk
- 2.5 cups graham cracker crumbs
- 1.3 teaspoons ground cinnamon
- 10 ounce raspberries frozen thawed
- 0.1 teaspoon salt

- 8 ounce non-dairy whipped topping frozen thawed
- 0.3 cup granulated sugar white

Equipment

- bowl
- oven
- knife
- mixing bowl
- sieve
- blender
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, combine graham cracker crumbs, cinnamon, sugar and melted butter.
- Mix well and press into the bottom of a 9x13 inch baking dish.
- Bake for 5 minutes then remove from oven and allow to cool.
- In medium bowl, beat egg yolks on high speed until thick and lemon colored, about 5 minutes.
- Add softened cream cheese. Beginning on low speed and increasing to high, beat until smooth.
- In large mixing bowl, beat egg whites, cream of tartar and salt until foamy.
- Add 1/4 cup sugar, a little at a time, beating constantly until sugar is dissolved and whites stand in soft peaks. Fold 1/3 of the whites into the cheese mixture, then fold the lightened cheese mixture back into the remaining egg whites. finally, fold in the thawed whipped topping.
- Puree raspberries in a blender or press through a sieve.
- Spread half of fluffy cheese filling into the cooled crust.
- Pour half of the raspberry puree over the filling and swirl it in with a knife. Repeat with remaining filling and raspberry puree. Freeze until firm.

Nutrition Facts

PROTEIN 6.97% FAT 58.9% CARBS 34.13%

Properties

Glycemic Index:16.81, Glycemic Load:10.36, Inflammation Score:-3, Nutrition Score:4.7582608979681%

Flavonoids

Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 243.22kcal (12.16%), Fat: 16.14g (24.83%), Saturated Fat: 9.33g (58.33%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 19.25g (7%), Sugar: 11.61g (12.9%), Cholesterol: 83.68mg (27.89%), Sodium: 234.5mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Vitamin A: 479.28IU (9.59%), Vitamin B2: 0.15mg (8.99%), Selenium: 6.09µg (8.7%), Phosphorus: 82.97mg (8.3%), Manganese: 0.16mg (8.06%), Fiber: 1.79g (7.17%), Vitamin C: 4.96mg (6.01%), Calcium: 51.47mg (5.15%), Iron: 0.9mg (4.98%), Folate: 19.79µg (4.95%), Vitamin E: 0.67mg (4.49%), Magnesium: 16.21mg (4.05%), Zinc: 0.56mg (3.77%), Vitamin B1: 0.05mg (3.58%), Vitamin B3: 0.69mg (3.43%), Potassium: 117.67mg (3.36%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.18µg (2.95%), Vitamin K: 2.89µg (2.75%), Vitamin B6: 0.05mg (2.68%), Vitamin D: 0.26µg (1.73%), Copper: 0.03mg (1.59%)