



Spring Mini Cheesecake

READY IN



200 min.

SERVINGS



18

CALORIES



267 kcal

DESSERT

Ingredients

- 2 cups blueberries
- 3 tablespoons butter melted
- 24 ounce philadelphia cream cheese softened
- 3 eggs
- 1 cup honey maid graham cracker crumbs
- 1 tablespoon lemon zest
- 0.8 cup sugar
- 1 teaspoon vanilla
- 1 cup whipping cream

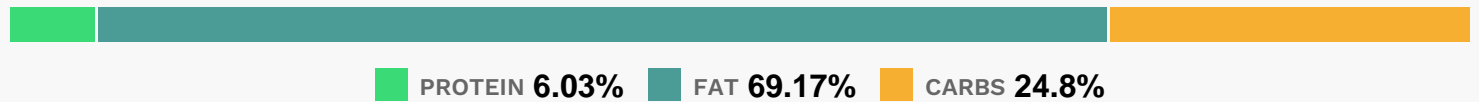
Equipment

- oven
- blender
- muffin tray

Directions

- Heat oven to 325 degrees F.
- Mix graham crumbs, 2 Tbsp. sugar and butter; press onto bottoms of 18 paper-lined muffin pan cups.
- Beat cream cheese, remaining 3/4 cup sugar and vanilla with mixer until blended.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour over crusts.
- Bake 25 to 30 min. or until centers are almost set. Cool completely. Refrigerate 2 hours.
- Beat whipping cream with mixer on high speed until stiff peaks form; spread gently onto cheesecakes. Top with blueberries and lemon zest.

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:9.69, Inflammation Score:-5, Nutrition Score:4.1004347490228%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 266.56kcal (13.33%), Fat: 20.9g (32.15%), Saturated Fat: 11.37g (71.08%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.27g (5.92%), Sugar: 12.9g (14.34%), Cholesterol: 80.4mg (26.8%), Sodium: 185.72mg (8.07%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Protein: 4.1g (8.2%), Vitamin A: 834.12IU (16.68%), Vitamin B2: 0.17mg (9.78%), Selenium: 5.97µg (8.53%), Phosphorus: 74.62mg (7.46%), Calcium: 55.43mg (5.54%), Vitamin E: 0.69mg (4.6%), Vitamin K: 4.41µg (4.2%), Vitamin B5: 0.39mg (3.85%), Manganese: 0.06mg (3.12%), Zinc: 0.43mg (2.89%), Vitamin B12: 0.17µg (2.87%), Potassium: 95.51mg (2.73%), Folate: 10.58µg (2.64%), Vitamin B6: 0.05mg (2.62%), Vitamin C: 2.11mg (2.56%), Vitamin D: 0.36µg (2.39%), Iron: 0.43mg (2.38%), Fiber: 0.59g (2.35%), Magnesium: 9.09mg (2.27%), Vitamin B1: 0.03mg (2.1%), Vitamin B3: 0.3mg (1.48%), Copper: 0.03mg (1.27%)