



Strawberries with Cheesecake Cream

READY IN



20 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

Ingredients

- 10 vanilla wafers
- 2 teaspoons butter melted
- 0.5 cup cream cheese soft (from 8-oz tub)
- 6 tablespoons sugar
- 3 tablespoons milk
- 1 tablespoon orange juice
- 1 teaspoon pear liqueur orange-flavored
- 3 cups strawberries fresh sliced

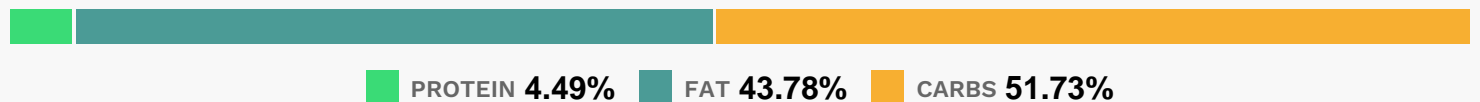
Equipment

- bowl
- baking sheet
- oven
- blender
- hand mixer

Directions

- Heat oven to 350°F.
- Place cookies in blender. Cover; blend on high speed until finely crushed. In small bowl, mix cookie crumbs and butter.
- Spread on ungreased cookie sheet.
- Bake about 5 minutes or until golden brown.
- In large bowl, beat remaining ingredients except strawberries with electric mixer on medium speed until smooth.
- Divide strawberries among 4 large wine glasses or individual dessert dishes. Top each with about 1/4 cup cream cheese mixture; sprinkle each with 2 tablespoons crumbs.

Nutrition Facts



Properties

Glycemic Index:76.02, Glycemic Load:24.15, Inflammation Score:-6, Nutrition Score:8.9543477374574%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg

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Nutrients (% of daily need)

Calories: 303.64kcal (15.18%), Fat: 15.13g (23.28%), Saturated Fat: 7.23g (45.19%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 37.85g (13.76%), Sugar: 30.43g (33.81%), Cholesterol: 30.16mg (10.05%), Sodium: 178.55mg (7.76%), Alcohol: 0.5g (100%), Alcohol %: 0.33% (100%), Protein: 3.49g (6.98%), Vitamin C: 65.63mg (79.56%), Manganese: 0.42mg (21.09%), Folate: 42.97µg (10.74%), Vitamin A: 510.19IU (10.2%), Fiber: 2.38g (9.51%), Vitamin B2: 0.14mg (8.51%), Phosphorus: 75.24mg (7.52%), Vitamin B1: 0.11mg (7.05%), Potassium: 242.08mg (6.92%), Calcium: 60.04mg (6%), Magnesium: 18.49mg (4.62%), Selenium: 3.2µg (4.57%), Vitamin B3: 0.86mg (4.31%), Vitamin E: 0.64mg (4.28%), Vitamin B6: 0.08mg (3.77%), Vitamin B5: 0.35mg (3.49%), Copper: 0.06mg (3.01%), Vitamin K: 3.01µg (2.87%), Iron: 0.49mg (2.73%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.13µg (2.09%)