



## Strawberry Cheesecake Bites

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



103 kcal

DESSERT

### Ingredients

- 0.5 cup powdered sugar
- 8 ounce cream cheese
- 2 tablespoons graham cracker crumbs
- 12 large strawberries fresh hulled
- 2 teaspoons vanilla extract

### Equipment

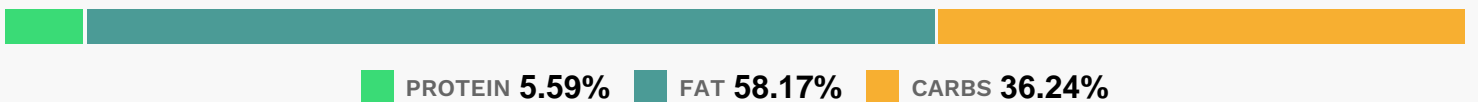
- bowl
- baking sheet

- knife
- microwave

## Directions

- Line a baking sheet with waxed paper.
- Beat together the cream cheese, confectioners' sugar, and vanilla extract in a bowl until smooth.
- Spoon the mixture into a piping bag fitted with a large round tip.
- With a sharp paring knife, cut a cone shape out of the top of each strawberry to leave a small hollow.
- Pipe about 1 tablespoon of the cream cheese filling into each strawberry, making sure that the filling overflows a bit out of the top of the strawberry.
- Place the graham cracker crumbs into a shallow bowl. Dip the filled side of the strawberry into the graham cracker crumbs, coating the exposed filling with crumbs.
- Melt the chocolate and canola oil in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each interval, until warm and smooth, 1 to 3 minutes (depending on your microwave).
- Dip the unfilled ends of the strawberries into the melted chocolate and place on the prepared baking sheet; refrigerate until set.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:1.79, Inflammation Score:-3, Nutrition Score:2.6139130410941%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate:

0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg  
Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,  
Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin:  
0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg,  
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg,  
Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 103.23kcal (5.16%), Fat: 6.75g (10.38%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 9.46g (3.15%), Net  
Carbohydrates: 8.86g (3.22%), Sugar: 7.39g (8.21%), Cholesterol: 19.09mg (6.36%), Sodium: 70.76mg (3.08%),  
Alcohol: 0.23g (100%), Alcohol %: 0.55% (100%), Protein: 1.46g (2.92%), Vitamin C: 15.88mg (19.24%), Manganese:  
0.11mg (5.4%), Vitamin A: 257.06IU (5.14%), Vitamin B2: 0.05mg (3.23%), Phosphorus: 30.11mg (3.01%), Selenium:  
1.76µg (2.52%), Calcium: 24.09mg (2.41%), Fiber: 0.6g (2.39%), Folate: 8.95µg (2.24%), Potassium: 70.29mg (2.01%),  
Vitamin E: 0.24mg (1.61%), Magnesium: 6.27mg (1.57%), Vitamin B5: 0.14mg (1.42%), Vitamin B6: 0.03mg (1.26%),  
Iron: 0.2mg (1.13%), Zinc: 0.17mg (1.11%)