



Strawberry Cheesecake Cookie Stacks

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 1 cup percent cottage cheese
- ☐ 4.5 teaspoon gelatin powder unflavored
- ☐ 0.3 cup juice of lemon fresh
- ☐ 8 oz cream cheese reduced-fat
- ☐ 5 sheets phyllo dough frozen thawed
- ☐ 0.3 cup skim milk
- ☐ 0.7 cup slivered almonds
- ☐ 1 pint strawberries fresh thinly sliced
- ☐ 0.3 cup sugar

Equipment

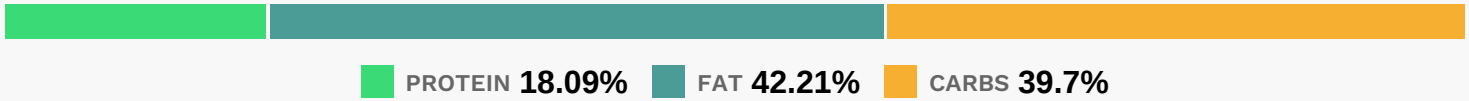
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Place milk in a small saucepan.
- ☐ Sprinkle with gelatin; allow to rest until gelatin absorbs and begins to puff up on the surface of milk, about 15 minutes.
- ☐ Heat on medium to medium-high heat, stirring constantly, until gelatin completely dissolves, 1 to 2 minutes.
- ☐ Remove from heat. Blend frozen strawberries, cottage cheese and sugar in a blender until smooth.
- ☐ Add cream cheese and lemon juice and blend until creamy.
- ☐ Add gelatin mixture and blend until smooth.
- ☐ Pour into a bowl; cover with plastic wrap. Refrigerate until firm, 1 to 2 hours.
- ☐ Heat oven to 350°F. Cover 2 large baking sheets with parchment paper. Grind almonds and sugar in a food processor.
- ☐ Lay out 1 phyllo sheet on a large cutting board; coat with a thin layer of cooking spray.
- ☐ Sprinkle with 2 tablespoon almond mixture. Stack another phyllo sheet on top and repeat. Continue until you have 5 layers, ending with almonds on top. Coat with a thin layer of cooking spray.

- ☐ Cut sheet into 4 even strips horizontally and then 3 even strips vertically to form 12rectangles.
- ☐ Cut each rectangle diagonally to form triangles.
- ☐ Transfer cookies to 2 baking sheets.
- ☐ Bake until golden brown, 10 to 12 minutes.
- ☐ Transfer to a wire rack to cool.
- ☐ Spread 3 tablespoon cheesecake filling and a few strawberry slices on a cookie.
- ☐ Add another cookie on top and repeat filling and strawberry slices. Top with another cookie, and end with filling and strawberries.
- ☐ Serve immediately or store cookies and filling separately until you are ready to serve them.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:8.44, Inflammation Score:-5, Nutrition Score:10.401304333106%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 225.13kcal (11.26%), Fat: 10.89g (16.76%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 20.49g (7.45%), Sugar: 12.47g (13.86%), Cholesterol: 20mg (6.67%), Sodium: 250.19mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin C: 37.73mg (45.73%), Manganese: 0.5mg (24.89%), Vitamin E: 2.59mg (17.29%), Phosphorus: 160.9mg (16.09%), Vitamin B2: 0.27mg (15.82%), Selenium: 8.14µg (11.63%), Calcium: 110.59mg (11.06%), Fiber: 2.56g (10.23%), Copper: 0.2mg (10.01%), Magnesium: 40.01mg (10%), Folate: 39.49µg (9.87%), Vitamin B1: 0.12mg (8.13%), Potassium: 283.7mg (8.11%), Vitamin B12: 0.42µg (6.97%), Iron: 1.06mg (5.88%), Vitamin B5: 0.58mg (5.78%), Vitamin B3: 1.12mg (5.59%), Zinc: 0.73mg (4.87%), Vitamin A: 216.5IU (4.33%), Vitamin B6: 0.08mg (3.83%), Vitamin K: 1.91µg (1.82%), Vitamin D: 0.2µg (1.3%)