



Strawberry Cheesecake Cupcakes

READY IN



255 min.

SERVINGS



24

CALORIES



230 kcal

DESSERT

Ingredients

- 6 Tbsp butter melted
- 24 oz philadelphia cream cheese softened
- 2 cups graham cracker crumbs
- 3 oz jell-o lemon flavor gelatin
- 1 Tbsp lemon zest
- 2 cups strawberries fresh divided
- 2 Tbsp strawberry jam
- 1 cup sugar divided
- 8 oz cool whip whipped topping thawed

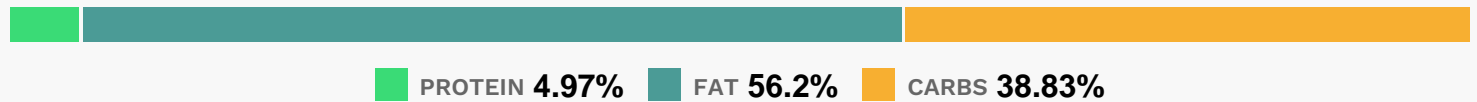
Equipment

- bowl
- blender
- muffin tray

Directions

- Mix graham crumbs, 1/4 cup sugar and butter until blended; press onto bottoms of 24 paper-lined muffin pan cups. Refrigerate until ready to use.
- Chop enough strawberries to measure 1-1/2 cups; place in medium bowl.
- Add jam; mix lightly. Reserve remaining berries for garnish.
- Beat cream cheese and remaining sugar with mixer until blended.
- Add dry gelatin mix; mix well. Stir in COOL WHIP. Spoon about 1 Tbsp. cream cheese mixture over each crust. Top with chopped strawberry mixture and remaining cream cheese mixture.
- Refrigerate 4 hours or until firm.
- Garnish with reserved berries and lemon zest.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:10.91, Inflammation Score:-3, Nutrition Score:2.9865217623503%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 229.7kcal (11.49%), Fat: 14.63g (22.51%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 22.75g (7.58%),
Net Carbohydrates: 22.23g (8.08%), Sugar: 17.68g (19.64%), Cholesterol: 36.45mg (12.15%), Sodium: 182.04mg
(7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.83%), Vitamin A: 478.01IU (9.56%), Vitamin C:
7.53mg (9.12%), Phosphorus: 60.54mg (6.05%), Vitamin B2: 0.1mg (5.82%), Selenium: 3.07µg (4.39%), Calcium:
43.37mg (4.34%), Vitamin E: 0.41mg (2.74%), Manganese: 0.05mg (2.54%), Folate: 9.36µg (2.34%), Potassium:
80.67mg (2.3%), Magnesium: 9.15mg (2.29%), Iron: 0.4mg (2.21%), Fiber: 0.52g (2.09%), Zinc: 0.31mg (2.07%),
Vitamin B1: 0.03mg (1.86%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.35mg (1.75%), Vitamin B6: 0.03mg (1.57%),
Vitamin B12: 0.09µg (1.46%), Vitamin K: 1.41µg (1.34%), Copper: 0.02mg (1.03%)