



Strawberry Cheesecake in a Jar

READY IN



50 min.

SERVINGS



4

CALORIES



799 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 8 ounce cream cheese softened
- 1.5 cups graham cracker crumbs
- 4 half pint canning jars with lids and rings
- 4 strawberries fresh sliced
- 1 teaspoon vanilla extract
- 8 ounce non-dairy whipped topping frozen thawed
- 0.7 cup sugar white

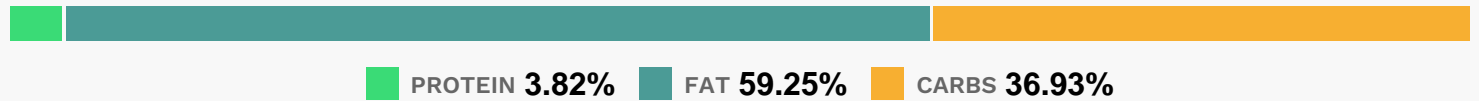
Equipment

- bowl
- hand mixer

Directions

- Mix graham cracker crumbs, melted butter, and 1/4 cup sugar together in a bowl. Press 1/4 the graham cracker mixture into the bottom of each jar.
- Beat cream cheese and whipped topping together with an electric mixer in a bowl until well blended. Beat 2/3 cup sugar and vanilla extract into cream cheese mixture until smooth and fluffy. Spoon 1/4 the cream cheese mixture onto graham cracker crust in each jar. Top each cheesecake with sliced strawberries. Refrigerate cheesecakes until serving time.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:41.37, Inflammation Score:-7, Nutrition Score:7.8873913599097%

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 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: 798.82kcal (39.94%), Fat: 53.35g (82.08%), Saturated Fat: 33.01g (206.3%), Carbohydrates: 74.82g (24.94%), Net Carbohydrates: 73.51g (26.73%), Sugar: 56.8g (63.11%), Cholesterol: 119.76mg (39.92%), Sodium: 610.05mg (26.52%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 7.74g (15.49%), Vitamin A: 1517.5IU

(30.35%), Phosphorus: 176.96mg (17.7%), Vitamin B2: 0.28mg (16.39%), Calcium: 130.38mg (13.04%), Vitamin E: 1.47mg (9.78%), Selenium: 6.8µg (9.72%), Vitamin C: 7.07mg (8.56%), Iron: 1.49mg (8.3%), Magnesium: 30mg (7.5%), Vitamin B3: 1.36mg (6.81%), Vitamin B1: 0.1mg (6.73%), Zinc: 1mg (6.68%), Folate: 25.06µg (6.26%), Potassium: 216.5mg (6.19%), Fiber: 1.31g (5.24%), Vitamin K: 5.27µg (5.02%), Vitamin B12: 0.29µg (4.8%), Vitamin B6: 0.08mg (4.09%), Vitamin B5: 0.37mg (3.73%), Manganese: 0.06mg (2.81%), Copper: 0.03mg (1.71%)