



## Strawberry Cheesecake Squares

READY IN



195 min.

SERVINGS



15

CALORIES



187 kcal

DESSERT

### Ingredients

- 3 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 8 strawberries halved
- 0.3 cup strawberry jam
- 0.3 cup sugar
- 2 Tbsp sugar
- 1 cup vanilla wafers crushed finely
- 8 oz cool whip whipped topping thawed

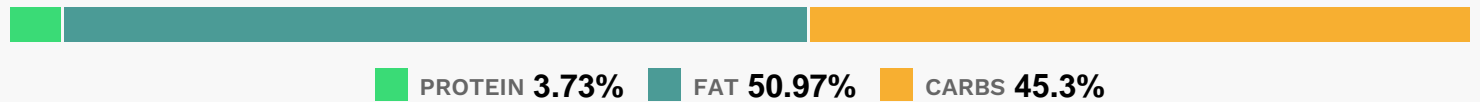
## Equipment

- bowl
- frying pan
- whisk
- hand mixer
- aluminum foil

## Directions

- Mix wafer crumbs, butter and 2 Tbsp. sugar in small bowl with fork. Press firmly onto bottom of foil-lined 8-inch square pan. Carefully spread jam over crust.
- Beat cream cheese and 1/3 cup sugar in large bowl with wire whisk or electric mixer on medium speed until well blended. Gently stir in whipped topping; spoon over crust.
- Refrigerate 3 hours or until set.
- Cut into 16 squares. Top each square with strawberry half. Store leftover dessert in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.61, Glycemic Load:11.46, Inflammation Score:-2, Nutrition Score:1.9513043683508%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.59mg, Pelargonidin: 1.59mg, Pelargonidin: 1.59mg, Pelargonidin: 1.59mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

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

Calories: 187.12kcal (9.36%), Fat: 10.76g (16.55%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 21.19g (7.71%), Sugar: 16.46g (18.29%), Cholesterol: 15.65mg (5.22%), Sodium: 116.79mg (5.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin A: 315.17IU (6.3%), Vitamin C: 4.43mg (5.37%), Vitamin B2: 0.07mg (4.39%), Phosphorus: 34.06mg (3.41%), Calcium: 28.84mg (2.88%), Vitamin B1: 0.04mg (2.69%), Selenium: 1.88µg (2.68%), Folate: 10.66µg (2.67%), Vitamin E: 0.32mg (2.13%), Potassium: 58.3mg (1.67%), Manganese: 0.03mg (1.48%), Fiber: 0.31g (1.26%), Vitamin B3: 0.25mg (1.24%), Vitamin B12: 0.07µg (1.11%)