



Strawberry Cheesecake Supreme

READY IN



215 min.

SERVINGS



35

CALORIES



154 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 24 oz philadelphia cream cheese softened
- 0.5 cup baker's angel flake coconut
- 0.5 oz env. knox gelatine unflavored
- 1 Tbsp juice of lemon
- 0.5 cup orange juice
- 4 cups strawberries fresh divided
- 1 cup sugar
- 28 vanilla wafers crushed finely

- 0.5 cup water cold
- 2 cups cool whip whipped topping divided thawed

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- springform pan

Directions

- Combine first 3 ingredients; press onto bottom of 9-inch springform pan. Line side of pan with 4-inch-wide strip of parchment.
- Reserve 8 strawberries for garnish; cut remaining berries into 1/4-inch-thick slices. Stand largest strawberry slices around edge of prepared pan; finely chop remaining strawberry slices.
- Sprinkle gelatine over cold water in small saucepan; let stand 1 min. Cook on low heat 3 min. or until gelatine is completely dissolved, stirring constantly.
- Remove from heat; set aside.
- Beat cream cheese, sugar, orange juice and lemon juice in medium bowl with mixer until blended.
- Add chopped berries; mix well. Gradually whisk in gelatine. Refrigerate 5 min. or until slightly thickened.
- Whisk in 1 cup COOL WHIP; pour into prepared pan.
- Refrigerate 3 hours or until firm.
- Remove rim of pan; discard parchment.
- Cut reserved strawberries in half. Use to garnish cheesecake along with the remaining COOL WHIP.

Nutrition Facts



■ PROTEIN 5.33% ■ FAT 61.08% ■ CARBS 33.59%

Properties

Glycemic Index:9.03, Glycemic Load:7.49, Inflammation Score:-3, Nutrition Score:2.6678261134935%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 4.09mg, Pelargonidin: 4.09mg, Pelargonidin: 4.09mg, Pelargonidin: 4.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 153.64kcal (7.68%), Fat: 10.7g (16.46%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.63g (4.59%), Sugar: 10.17g (11.3%), Cholesterol: 24.42mg (8.14%), Sodium: 99mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin C: 11.63mg (14.1%), Vitamin A: 327.36IU (6.55%), Manganese: 0.1mg (5.01%), Vitamin B2: 0.07mg (4.02%), Phosphorus: 33.75mg (3.38%), Selenium: 2.29µg (3.26%), Folate: 11.5µg (2.87%), Calcium: 26.16mg (2.62%), Fiber: 0.6g (2.41%), Vitamin B1: 0.03mg (2.24%), Potassium: 74.02mg (2.11%), Vitamin E: 0.29mg (1.96%), Copper: 0.03mg (1.64%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.86mg (1.47%), Vitamin B6: 0.02mg (1.24%), Vitamin B3: 0.23mg (1.17%), Zinc: 0.15mg (1.03%), Vitamin K: 1.07µg (1.02%)