



Strawberry Cheesecake with Double-Berry Sauce

READY IN



345 min.

SERVINGS



16

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate wafer crumbs (10 wafers)
- ☐ 0.7 cup sugar
- ☐ 2 eggs
- ☐ 2 cups strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 2 Tbsp flour all-purpose
- ☐ 10 oz raspberries whole frozen thawed
- ☐ 3 Tbsp sugar
- ☐ 1 cup strawberries fresh quartered

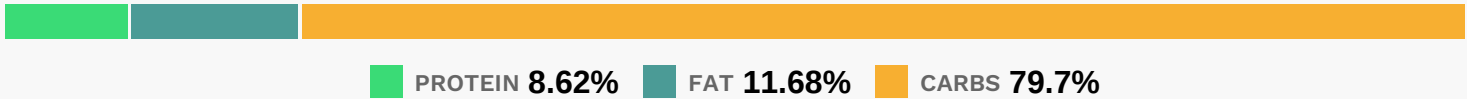
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Heat oven to 300°F. Spray 9-inch springform pan with cooking spray.
- ☐ Sprinkle crumbs over bottom of pan.
- ☐ In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- ☐ Add 2/3 cup sugar and eggs; beat on medium about 2 min or until smooth.
- ☐ Add yogurt and flour; beat on low speed until smooth. Carefully spread batter over crumbs in pan.
- ☐ Bake 1 hr 15 min to 1 hr 25 min or until cheesecake is set 1 1/2 inches from edge and center is slightly jiggly. (Do not insert knife to test for doneness because hole could cause cheesecake to crack.) Turn off oven; cool in oven 30 min with door closed.
- ☐ Remove from oven; run knife around side of pan to loosen. Cool on cooling rack 30 min. Cover; refrigerate at least 3 hr. Carefully remove side of pan.
- ☐ Meanwhile, in food processor, place raspberries and 3 Tbsp sugar. Cover, process until smooth.
- ☐ Drizzle sauce over wedges of cheesecake; top with strawberries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:9.56, Inflammation Score:-1, Nutrition Score:3.2678261243779%

Flavonoids

Cyanidin: 8.26mg, Cyanidin: 8.26mg, Cyanidin: 8.26mg, Cyanidin: 8.26mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 2.41mg, Pelargonidin: 2.41mg, Pelargonidin: 2.41mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 110.51kcal (5.53%), Fat: 1.48g (2.28%), Saturated Fat: 0.48g (3%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 21.17g (7.7%), Sugar: 18.38g (20.43%), Cholesterol: 23.29mg (7.76%), Sodium: 45.35mg (1.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 9.93mg (12.04%), Manganese: 0.19mg (9.31%), Fiber: 1.57g (6.27%), Vitamin B2: 0.1mg (6.17%), Phosphorus: 47.71mg (4.77%), Calcium: 43.36mg (4.34%), Vitamin B12: 0.21µg (3.52%), Selenium: 2.34µg (3.34%), Potassium: 110.89mg (3.17%), Folate: 11.83µg (2.96%), Iron: 0.48mg (2.69%), Copper: 0.04mg (2.13%), Magnesium: 7.79mg (1.95%), Vitamin E: 0.26mg (1.76%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.02mg (1.63%), Vitamin K: 1.68µg (1.6%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.2mg (1.36%), Vitamin B6: 0.03mg (1.28%)