



Stuffed Strawberry Cheesecake Bites



Vegetarian



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



43 kcal

DESSERT

Ingredients

- ☐ 4 oz cream cheese
- ☐ 1 tbsp graham cracker crumbs
- ☐ 4 tbsp granulated sugar
- ☐ 0.5 cup nonfat plain
- ☐ 1 extra large strawberries (I like getting them from Costco because the berries there are bigger than standard ones)

Equipment

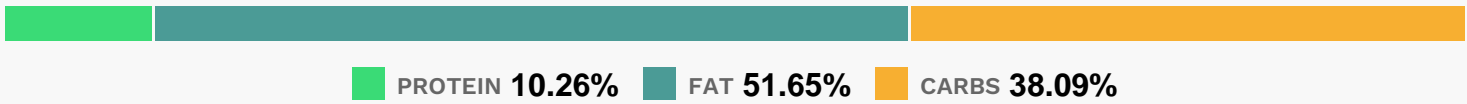
- ☐ blender

☐ spatula

Directions

- ☐ Blend cream cheese, yogurt, sugar in blender on high speed until mixture is completely smooth and thoroughly mixed. I used my Blentec and it took about 2 minutes. I stopped every 30 seconds to stir with a spatula to make sure it was being evenly mixed.
- ☐ Pour into container and chill for about 30 minutes to 1 hour in the fridge.
- ☐ Meanwhile, wash and completely hull your strawberries. Set aside in fridge until ready for piping.
- ☐ Pipe cheesecake filling into each strawberry, ending with a dollop on top.
- ☐ Sprinkle top with graham cracker crumbs.
- ☐ Serve immediately or store in the fridge for up to one day.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:0.72739130776861%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 43.36kcal (2.17%), Fat: 2.54g (3.91%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 4.16g (1.51%), Sugar: 3.69g (4.1%), Cholesterol: 7.47mg (2.49%), Sodium: 28.67mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin B2: 0.04mg (2.14%), Vitamin A: 95.64IU (1.91%), Selenium: 1.25µg (1.79%), Phosphorus: 17.75mg (1.78%), Calcium: 14.61mg (1.46%), Vitamin C: 0.99mg (1.2%)