



Summer Berry Cheesecake Pie

READY IN



205 min.

SERVINGS



25

CALORIES



100 kcal

DESSERT

Ingredients

- 0.5 cup blueberries
- 8 oz philadelphia cream cheese softened
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 cup ice cubes
- 1.5 cups strawberries halved
- 3 oz jell-o strawberry flavor gelatin
- 2 Tbsp sugar
- 0.8 cup water boiling
- 2 cups cool whip whipped topping divided thawed

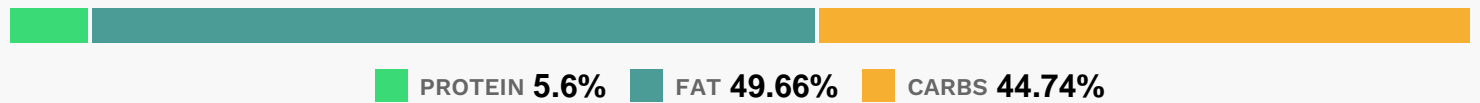
Equipment

- bowl
- whisk

Directions

- Beat cream cheese and sugar in large bowl with whisk until blended. Stir in 1 cup COOL WHIP; spread onto bottom of crust.
- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add ice; stir until melted.
- Let stand 5 min. or until slightly thickened. Meanwhile, arrange blueberries in single layer in center of pie; surround with strawberries.
- Pour gelatin over fruit. Refrigerate 3 hours or until firm.
- Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:1.8986956839976%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg Pelargonidin: 2.15mg, Pelargonidin: 2.15mg, Pelargonidin: 2.15mg, Pelargonidin: 2.15mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg 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: 0.01mg, 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

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Nutrients (% of daily need)

Calories: 100.39kcal (5.02%), Fat: 5.63g (8.67%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 11.05g (4.02%), Sugar: 7.59g (8.43%), Cholesterol: 9.28mg (3.09%), Sodium: 81.42mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Manganese: 0.13mg (6.61%), Vitamin C: 5.37mg (6.51%), Phosphorus: 29.33mg (2.93%), Vitamin B2: 0.05mg (2.67%), Vitamin A: 128.98IU (2.58%), Vitamin K: 2.63µg (2.5%), Selenium: 1.37µg (1.96%), Folate: 7.77µg (1.94%), Vitamin E: 0.28mg (1.84%), Calcium: 17.06mg (1.71%), Fiber: 0.37g (1.49%), Copper: 0.03mg (1.46%), Vitamin B3: 0.28mg (1.4%), Iron: 0.24mg (1.34%), Vitamin B1: 0.02mg (1.27%), Potassium: 41.48mg (1.19%), Magnesium: 4.29mg (1.07%), Zinc: 0.15mg (1.03%)