



Triple-Berry Cheesecake Tart

READY IN



210 min.

SERVINGS



30

CALORIES



89 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 8 oz philadelphia cream cheese softened
- 1 cup ice cubes
- 3 oz jell-o lemon flavor gelatin
- 2 cups poached berries mixed sliced (blueberries, raspberries and strawberries)
- 0.3 cup sugar
- 1.3 cups vanilla wafers crushed finely
- 0.8 cup water boiling
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- blender
- tart form

Directions

- Mix wafer crumbs and butter until blended; press onto bottom and up side of 9-inch tart pan with removable bottom. Freeze while preparing filling.
- Beat cream cheese and sugar in large bowl with mixer until blended. Gently stir in COOL WHIP; spoon into crust. Top with berries. Refrigerate until ready to use.
- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add ice; stir until melted. Refrigerate 15 min. or until slightly thickened.
- Spoon gelatin over fruit in pan. Refrigerate 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:3.81, Inflammation Score:-1, Nutrition Score:0.98565216297689%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg Malvidin: 5.13mg, Malvidin: 5.13mg, Malvidin: 5.13mg, Malvidin: 5.13mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 89.29kcal (4.46%), Fat: 5.33g (8.2%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.5g (3.46%), Sugar: 7.3g (8.11%), Cholesterol: 11.8mg (3.93%), Sodium: 70.15mg (3.05%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin A: 155.41IU (3.11%), Vitamin B2: 0.04mg (2.12%), Vitamin K: 2.07µg (1.97%), Phosphorus: 17.45mg (1.75%), Vitamin B1: 0.03mg (1.67%), Folate: 5.65µg (1.41%), Fiber: 0.34g (1.37%), Selenium: 0.94µg (1.34%), Vitamin E: 0.17mg (1.14%), Calcium: 10.9mg (1.09%)