



Upside-Down Mini OREO Cheesecakes

 Vegetarian

READY IN



240 min.

SERVINGS



12

CALORIES



283 kcal

DESSERT

Ingredients

- 0.5 cup knudsen cream sour
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 19 oreo cookies divided
- 0.5 cup sugar
- 0.5 tsp vanilla

Equipment

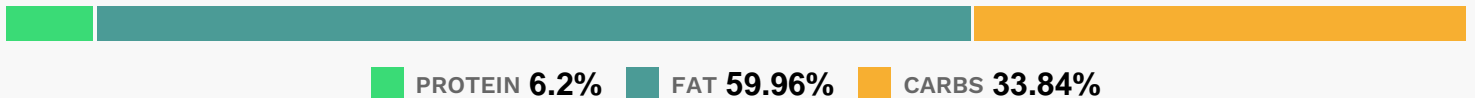
- bowl

- oven
- blender
- muffin liners
- muffin tray

Directions

- Heat oven to 350F.
- Place 1 cookie in each of 12 paper-lined muffin cups. Coarsely chop remaining cookies; reserve for later use.
- Beat cream cheese and sugar in large bowl with mixer until blended.
- Add sour cream and vanilla; mix well.
- Add eggs, 1 at a time, beating on low speed after each just until blended. Stir in reserved chopped cookies. Spoon into prepared muffin cups.
- Bake 20 min. or until centers are almost set. Cool. Refrigerate 3 hours.
- Remove cheesecakes from muffin pan; discard paper liners.
- Serve cookie-sides up.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:6.38, Inflammation Score:-4, Nutrition Score:5.0369565114379%

Nutrients (% of daily need)

Calories: 282.51kcal (14.13%), Fat: 19.22g (29.56%), Saturated Fat: 9.91g (61.92%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 23.84g (8.67%), Sugar: 17.85g (19.83%), Cholesterol: 71.11mg (23.7%), Sodium: 205.89mg (8.95%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 4.47g (8.94%), Iron: 2.48mg (13.78%), Vitamin A: 607.33IU (12.15%), Vitamin B2: 0.18mg (10.8%), Selenium: 6.89µg (9.85%), Phosphorus: 79.93mg (7.99%), Manganese: 0.14mg (6.84%), Vitamin E: 0.91mg (6.05%), Vitamin K: 6.17µg (5.87%), Calcium: 54.54mg (5.45%), Folate: 19.01µg (4.75%), Vitamin B5: 0.42mg (4.17%), Copper: 0.08mg (3.9%), Magnesium: 14.19mg (3.55%), Vitamin B1: 0.05mg (3.4%), Potassium: 116.88mg (3.34%), Zinc: 0.46mg (3.05%), Vitamin B12: 0.17µg (2.81%), Vitamin B3: 0.54mg (2.72%), Fiber: 0.55g (2.2%), Vitamin B6: 0.04mg (2.1%)