



Vegan Cheesecake Cups



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds raw
- ☐ 1.5 cups cashew pieces
- ☐ 2 tablespoons coconut oil
- ☐ 0.5 cup so delicious dairy free coconut milk beverage unsweetened
- ☐ 0.5 cup dates
- ☐ 1 juice of lemon juiced
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup pecans

☐ 1 pinch salt

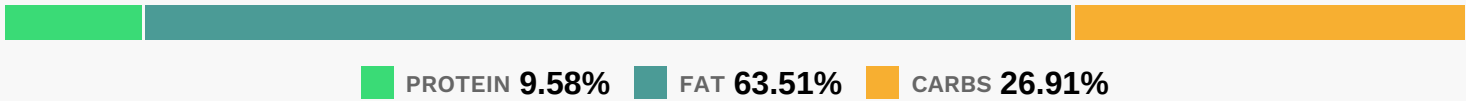
Equipment

☐ muffin liners

Directions

- ☐ First pulse the crust ingredients into a dough. Press into the bottom of cupcake liners fitted in a cupcake tin. Put aside in the freezer. For the filling, drain the cashews and pulse with the rest of the filling ingredients until completely smooth.
- ☐ Add a generous layer on top of the crust you prepared earlier. Freeze until set & serve.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:5.11, Inflammation Score:-4, Nutrition Score:10.470434753791%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 246.47kcal (12.32%), Fat: 18.53g (28.5%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 14.71g (5.35%), Sugar: 9.85g (10.94%), Cholesterol: 0mg (0%), Sodium: 10.95mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Manganese: 0.9mg (44.77%), Copper: 0.55mg (27.57%), Vitamin E: 3.51mg (23.4%), Magnesium: 88.44mg (22.11%), Phosphorus: 168.36mg (16.84%), Vitamin B2: 0.26mg (15.28%), Fiber: 2.95g (11.82%), Zinc: 1.58mg (10.54%), Iron: 1.74mg (9.69%), Vitamin B1: 0.13mg (8.94%), Potassium: 282.4mg (8.07%), Calcium: 64.55mg (6.46%), Vitamin B6: 0.13mg (6.32%), Selenium: 4.27µg (6.1%),

Vitamin K: 5.82µg (5.55%), Vitamin B3: 1.06mg (5.3%), Folate: 14.99µg (3.75%), Vitamin B5: 0.27mg (2.7%), Vitamin C: 1.83mg (2.21%), Vitamin B12: 0.11µg (1.77%)