



## Very-Strawberry Cheesecake

READY IN



190 min.

SERVINGS



8

CALORIES



272 kcal

DESSERT

### Ingredients

- 8 oz philadelphia cream cheese softened
- 6 oz honey maid graham pie crust
- 2 cups cool whip dips strawberry cr me thawed
- 1 cup strawberries sliced
- 0.3 cup sugar

### Equipment

- bowl
- hand mixer

## Directions

- Beat cream cheese and sugar in large bowl with electric mixer until well blended. Stir in COOL WHIP DIPS.
- Spoon into crust.
- Refrigerate 3 hours or until set. Top with strawberries just before serving. Store leftovers in refrigerator.

## Nutrition Facts

**PROTEIN 5.07%** **FAT 52.15%** **CARBS 42.78%**

## Properties

Glycemic Index:17.14, Glycemic Load:6.65, Inflammation Score:-4, Nutrition Score:5.4973912342735%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 271.53kcal (13.58%), Fat: 16.04g (24.68%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 28.77g (10.46%), Sugar: 17.11g (19.01%), Cholesterol: 31.63mg (10.54%), Sodium: 202.93mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Manganese: 0.35mg (17.33%), Vitamin B2: 0.23mg (13.65%), Vitamin C: 10.58mg (12.83%), Vitamin A: 415.92IU (8.32%), Phosphorus: 72.28mg (7.23%), Folate: 23.88µg (5.97%), Calcium: 56.88mg (5.69%), Vitamin B12: 0.34µg (5.66%), Vitamin K: 5.68µg (5.41%), Selenium: 3.68µg (5.25%), Vitamin B1: 0.08mg (5.18%), Vitamin E: 0.71mg (4.71%), Vitamin B3: 0.85mg (4.24%), Iron: 0.67mg (3.71%), Fiber: 0.84g (3.36%), Zinc: 0.49mg (3.28%), Copper: 0.07mg (3.27%), Vitamin B6: 0.06mg (3.18%), Potassium: 109.4mg (3.13%), Magnesium: 11.28mg (2.82%), Vitamin B5: 0.22mg (2.22%)