



Avocado Cheese Cake

READY IN



32 min.

SERVINGS



15

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 2 avocados pureed pitted peeled
- ☐ 1 cup self-rising corn meal mix
- ☐ 2 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 ounce cheese shredded mexican-style
- ☐ 1 tablespoon sugar white
- ☐ 8 ounce yogurt lemon flavored

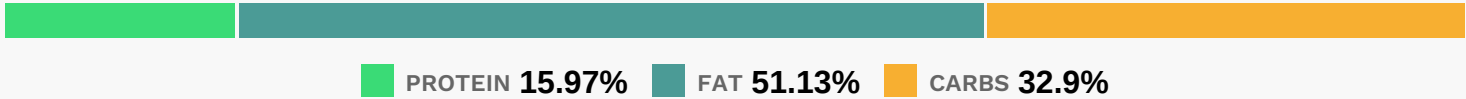
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a large bowl, mix together the avocado, egg and lemon flavored yogurt until smooth and well blended. Stir in the shredded cheese and cornmeal mix.
- ☐ Combine the sugar and cinnamon, and stir into the avocado mixture.
- ☐ Spread evenly into a 9x13 inch baking dish.
- ☐ Bake for 15 to 17 minutes in the preheated oven, or until the top starts to turn golden brown, and a toothpick inserted into the center comes out clean. Cool on a wire rack for at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.74, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:6.7778261122496%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 148.7kcal (7.44%), Fat: 8.7g (13.38%), Saturated Fat: 3.1g (19.41%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.01g (3.64%), Sugar: 1.86g (2.07%), Cholesterol: 35.73mg (11.91%), Sodium: 261.47mg (11.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.22%), Phosphorus: 167.3mg (16.73%), Folate: 56.51µg (14.13%), Calcium: 136.38mg (13.64%), Fiber: 2.58g (10.32%), Vitamin B2: 0.18mg (10.31%), Vitamin B12: 0.45µg (7.55%), Vitamin B1: 0.11mg (7.34%), Selenium: 4.82µg (6.89%), Vitamin B6: 0.13mg (6.66%), Manganese: 0.13mg (6.33%), Zinc: 0.94mg (6.25%), Vitamin B5: 0.59mg (5.86%), Vitamin K: 6.07µg (5.78%), Potassium: 197.05mg

(5.63%), Vitamin B3: 1.09mg (5.45%), Iron: 0.9mg (4.98%), Magnesium: 19.51mg (4.88%), Vitamin A: 220.91IU (4.42%), Vitamin E: 0.66mg (4.38%), Copper: 0.07mg (3.72%), Vitamin C: 2.76mg (3.35%), Vitamin D: 0.19µg (1.29%)