



Baked Tofu Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

DESSERT

Ingredients

- 250 g cream cheese
- 5 egg whites
- 5 egg yolk
- 3 tbsp juice of lemon
- 120 ml milk unsweetened ()
- 70 g flour plain sifted ()
- 250 g silken tofu (tube form)
- 130 g sugar

1 tsp vanilla extract

Equipment

food processor

oven

whisk

mixing bowl

cake form

grill

aluminum foil

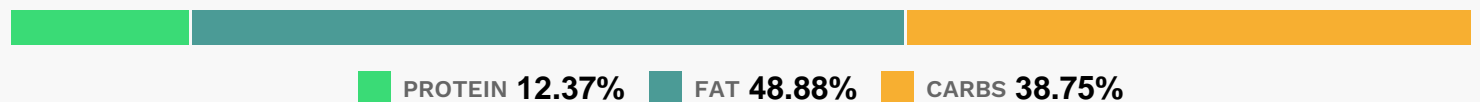
spatula

Directions

Preheat oven to 170C. Line a 9" cake tin and wrap with heavy duty aluminium foil to prevent any water from sipping into the cheesecake during baking. In a food processor, blend all (A) ingredients until smooth. Put mixture in a large bowl. In a separate mixing bowl, beat egg white and caster sugar until semi-firm peaks form to make soft meringue. Use a whisk to mix 1/3 soft meringue with mixture. Gently fold in the rest with spatula.

Pour mixture into cake tin and steam bake for about 50 mins at the lower rack of the oven. Move the cheesecake to upper rack of the oven and switch temperature to grill for about 30 seconds to one minute to get a nice golden colour on top of the cake. Leave cheesecake to cool in room temperature, remove and best to chill before serve.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:11.28, Inflammation Score:-3, Nutrition Score:4.4630434782609%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.99kcal (9.3%), Fat: 10.17g (15.64%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 17.95g (6.53%), Sugar: 12.65g (14.05%), Cholesterol: 103.28mg (34.43%), Sodium: 95.02mg (4.13%), Protein: 5.79g (11.58%), Selenium: 10.73µg (15.33%), Vitamin B2: 0.2mg (11.57%), Phosphorus: 83.37mg (8.34%), Vitamin A: 404.87IU (8.1%), Folate: 24.75µg (6.19%), Vitamin B1: 0.09mg (6.12%), Calcium: 51.15mg (5.11%), Vitamin B5: 0.44mg (4.36%), Vitamin B12: 0.26µg (4.32%), Iron: 0.69mg (3.82%), Vitamin D: 0.52µg (3.46%), Potassium: 119.86mg (3.42%), Copper: 0.07mg (3.28%), Zinc: 0.48mg (3.17%), Magnesium: 12.45mg (3.11%), Vitamin B6: 0.05mg (2.58%), Vitamin E: 0.39mg (2.58%), Manganese: 0.05mg (2.48%), Vitamin B3: 0.46mg (2.28%), Vitamin C: 1.45mg (1.76%)