



## Cheesecake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

## Ingredients

- ☐ 0.8 tsp almond extract
- ☐ 2 tbsp cornstarch
- ☐ 8 ounces tofutti cream cheese
- ☐ 14 ounces silken tofu

## Equipment

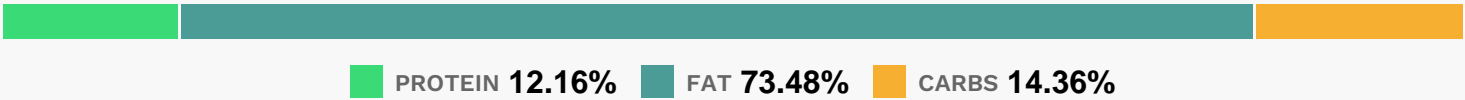
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ spatula

# Directions

- ☐ Preheat oven to 350F. Prepare pie crust if you have not already done so.
- ☐ Place tofu and Tofutti in a blender and blend for 30 seconds. Stop, scrape the sides, and blend for another 30 seconds.
- ☐ Add remaining ingredients and blend for 3 minutes, stopping periodically to scrape the sides. Once fully incorporated, pour into prepared pie crust and smooth top with a spatula.
- ☐ Bake 40–45 minutes.
- ☐ Remove from oven and place somewhere away from heat. Allow to cool to room temperature (about 2–3 hours). Chill overnight or for at least 10 hours before serving. For the blueberry topping pictured in the blog post photos, combine 1 cup frozen wild blueberries with 1/2 cup of water, 1 tbsp agave nectar, 1 tsp lemon zest, 2 tsp lemon juice and 1 tbsp cornstarch mixed into 2 tbsp of water in a saucepan. Bring to a boil over high heat. Allow to thicken, stirring frequently. Turn off heat and allow the mixture to cool. Chill in the refrigerator until serving.

- Nutritional Information
- ☐ Amount Per Serving
  - ☐ Calories
  - ☐ Fat
  - ☐ 80g
  - ☐ Carbohydrate
  - ☐ 50gDietary Fiber0.60gSugars3.60gProtein3.90g

# Nutrition Facts



# Properties

Glycemic Index:3.38, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:2.4726087101128%

# Nutrients (% of daily need)

Calories: 135.26kcal (6.76%), Fat: 11.09g (17.07%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.81g (1.75%), Sugar: 1.77g (1.96%), Cholesterol: 28.63mg (9.54%), Sodium: 91.71mg (3.99%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 4.13g (8.26%), Vitamin A: 380.73IU (7.61%), Phosphorus: 61.38mg (6.14%), Copper: 0.11mg (5.45%), Vitamin B2: 0.09mg (5.02%), Calcium: 42.96mg (4.3%), Magnesium: 17.05mg

(4.26%), Vitamin B1: 0.06mg (3.75%), Potassium: 127.37mg (3.64%), Selenium: 2.49µg (3.56%), Zinc: 0.4mg (2.68%), Iron: 0.45mg (2.49%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.16mg (1.62%), Vitamin B6: 0.02mg (1.07%), Vitamin B12: 0.06µg (1.04%)