

Cheesecake Diamonds

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



174 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 5 tablespoons butter softened
- 8 ounces cream cheese softened
- 1 eggs
- 1 cup flour all-purpose
- 2 tablespoons cup heavy whipping cream
- 1 tablespoon juice of lemon
- 2 teaspoons lemon zest

- 0.3 cup pecans chopped
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

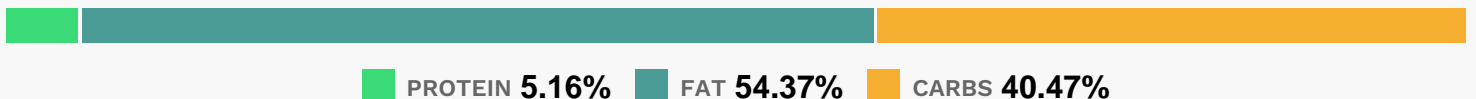
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a small bowl, cream butter and brown sugar until light and fluffy. Gradually add flour to creamed mixture and mix well. Stir in pecans.
- Set aside 1 cup for topping. Press the remaining mixture into a greased 8-in. square baking pan.
- Bake at 350° for 10–12 minutes or until set. Cool on a wire rack.
- In another small bowl, beat cream cheese and sugar until smooth.
- Add egg, beating just until combined. Beat in the cream, lemon juice, peel and vanilla.
- Spread over crust.
- Sprinkle with reserved topping.
- Bake at 350° for 20–22 minutes or until center is almost set. Cool on a wire rack for 1 hour. Refrigerate overnight.
- Cut into diamonds. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:8.9, Inflammation Score:-3, Nutrition Score:2.7704347605291%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 173.66kcal (8.68%), Fat: 10.69g (16.44%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 17.49g (6.36%), Sugar: 11.42g (12.69%), Cholesterol: 36.07mg (12.02%), Sodium: 78.59mg (3.42%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.28g (4.57%), Selenium: 4.97µg (7.1%), Vitamin A: 343.25IU (6.86%), Manganese: 0.14mg (6.79%), Vitamin B2: 0.09mg (5.45%), Vitamin B1: 0.08mg (5.19%), Folate: 17.71µg (4.43%), Phosphorus: 36.2mg (3.62%), Iron: 0.51mg (2.84%), Vitamin B3: 0.51mg (2.53%), Calcium: 24.21mg (2.42%), Vitamin E: 0.3mg (2%), Copper: 0.04mg (1.97%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.25mg (1.67%), Fiber: 0.4g (1.62%), Magnesium: 6.13mg (1.53%), Potassium: 48.45mg (1.38%), Vitamin B6: 0.02mg (1.16%), Vitamin B12: 0.07µg (1.1%)