



Cheesecake for Two

READY IN



48 min.

SERVINGS



2

CALORIES



532 kcal

DESSERT

Ingredients

- ☐ 192 grams cream cheese — softened
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 7 ml juice of lemon
- ☐ 50 grams cup heavy whipping cream sour
- ☐ 3 tablespoons sugar (41 grams)
- ☐ 5 ml sugar
- ☐ 3 rounds ready-to bake sugar cookie dough mixed with 1 tablespoon melted butter crushed
- ☐ 1.3 ml vanilla

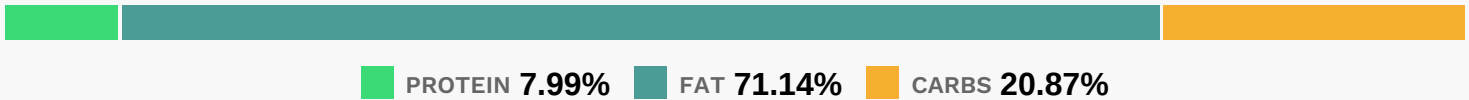
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F. Line inside of a 3×5 inch petite loaf pan with non-stick foil.If using store-bought cookie dough rounds, press them into bottom of lined pan and bake for 15 minutes. If using graham cracker/butter mixture, press into pan but don't bake.In a medium size bowl, beat cream cheese and sugar until well mixed.
- ☐ Add egg and egg yolk and stir until well mixed. Stir in lemon juice and vanilla.
- ☐ Pour this mixture over crust and place loaf pan into a larger square pan.
- ☐ Pour very warm water into the square pan so that it comes about halfway up sides of loaf pan.
- ☐ Bake on center rack of oven for about 38 minutes. While cheesecake bakes, mix together sour cream, sugar and vanilla.
- ☐ Spread this mixture over top of cheesecake and return to oven for 5 minutes.
- ☐ Remove from oven. Lift small pan from water and let cool on a cooling rack for about an hour.
- ☐ Transfer to refrigerator to chill for at least 3 or 4 hours.Before serving, grasp foil and lift little cheesecake from loaf pan. Slice in half and plate.Makes 2 servings (1 petite loaf pan) Each person gets half

Nutrition Facts



Properties

Glycemic Index:83.59, Glycemic Load:15.47, Inflammation Score:-7, Nutrition Score:9.1947824893438%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg 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: 532.29kcal (26.61%), Fat: 42.72g (65.72%), Saturated Fat: 23.55g (147.18%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 28.18g (10.25%), Sugar: 25.38g (28.19%), Cholesterol: 290.92mg (96.97%), Sodium: 349.4mg (15.19%), Alcohol: 0.19g (100%), Alcohol %: 0.13% (100%), Protein: 10.79g (21.58%), Vitamin A: 1694.38IU (33.89%), Selenium: 21.15µg (30.21%), Vitamin B2: 0.42mg (24.56%), Phosphorus: 203.24mg (20.32%), Calcium: 142.9mg (14.29%), Vitamin B5: 1.25mg (12.46%), Vitamin B12: 0.64µg (10.59%), Vitamin E: 1.39mg (9.28%), Folate: 35.29µg (8.82%), Zinc: 1.06mg (7.08%), Vitamin B6: 0.14mg (6.75%), Vitamin D: 0.93µg (6.17%), Potassium: 205.28mg (5.87%), Iron: 0.8mg (4.42%), Vitamin B1: 0.06mg (3.71%), Magnesium: 14.62mg (3.65%), Vitamin K: 2.65µg (2.53%), Copper: 0.05mg (2.37%), Vitamin C: 1.62mg (1.97%), Manganese: 0.03mg (1.58%)