



Coconut Cheesecake Cups

READY IN



45 min.

SERVINGS



20

CALORIES



32 kcal

DESSERT

Ingredients

- 1 tablespoon coconut or divided flaked toasted
- 0.3 teaspoon coconut extract
- 3.5 tablespoons process cream cheese product light softened
- 0.3 cup egg substitute frozen thawed
- 1 teaspoon flour all-purpose
- 0.3 cup graham cracker crumbs
- 2 teaspoons butter melted reduced-calorie
- 6 ounce carton vanilla nonfat yogurt
- 1 tablespoon powdered sugar sifted

2 teaspoons sugar

Equipment

oven

wire rack

hand mixer

Directions

Coat 2 (6-ounce) custard cups with cooking spray.

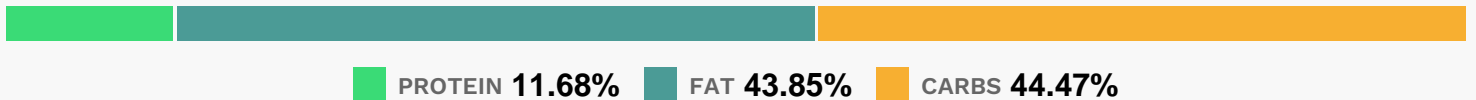
Combine graham cracker crumbs, 2 teaspoons sugar, and margarine; press evenly onto bottoms and 1 inch up sides of cups.

Beat egg substitute and next 5 ingredients at medium speed of an electric mixer until fluffy. Stir 1 tablespoon coconut into cheese mixture. Spoon cheese mixture evenly into prepared cups; sprinkle with remaining 1 teaspoon coconut.

Bake at 325 for 30 to 35 minutes or until almost set. Turn off oven, and leave cheesecakes in oven 2 minutes. Partially open oven door; leave cheesecakes in oven 1 hour.

Remove from oven; let cool to room temperature on a wire rack. Cover and chill 2 hours or until set.

Nutrition Facts



Properties

Glycemic Index:12.3, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:0.82913044710522%

Nutrients (% of daily need)

Calories: 31.74kcal (1.59%), Fat: 1.56g (2.4%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.48g (1.27%), Sugar: 2.83g (3.14%), Cholesterol: 2.73mg (0.91%), Sodium: 30.62mg (1.33%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 0.94g (1.87%), Selenium: 2.05µg (2.93%), Vitamin B2: 0.04mg (2.14%), Calcium: 18.65mg (1.87%), Phosphorus: 17.86mg (1.79%), Vitamin A: 59.73IU (1.19%)