



Coffee Cheesecake

READY IN



97 min.

SERVINGS



12

CALORIES



238 kcal

DESSERT

Ingredients

- 1 tablespoon cornstarch
- 8 ounce block cream cheese fat-free softened
- 8 ounce block softened
- 3 large egg whites
- 2 large eggs
- 0.5 cup milk fat-free
- 0.3 cup flour all-purpose
- 0.8 cup graham cracker crumbs
- 2.5 tablespoons coffee granules instant

- 2 tablespoons butter melted reduced-calorie
- 0.3 cup cup heavy whipping cream fat-free sour
- 0.3 cup sugar
- 0.7 cup sugar
- 2 tablespoons sugar
- 1 tablespoon cocoa unsweetened
- 1 teaspoon vanilla extract

Equipment

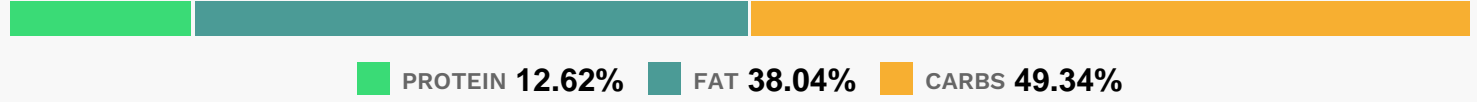
- bowl
- frying pan
- oven
- knife
- blender
- spatula
- springform pan

Directions

- Preheat oven to 30
- Coat a 9-inch springform pan with cooking spray.
- Combine graham cracker crumbs and next 3 ingredients, and stir well. Firmly press crumb mixture into bottom and 2 inches up sides of pan; set pan aside.
- Combine 2/3 cup sugar and next 6 ingredients in a large bowl; beat with a mixer at high speed until blended.
- Combine milk and coffee granules; stir well.
- Add milk mixture and sour cream to cream cheese mixture; beat until smooth.
- Beat egg whites at high speed with a mixer until soft peaks form. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold egg white mixture into cheese mixture.
- Pour batter into prepared pan.

- Bake at 300 for 1 hour or until almost set. Turn oven off; loosen cheesecake from sides of pan using a narrow metal spatula or knife.
- Let cheesecake stand in oven with door slightly open for 1 hour.
- Remove cheesecake from oven; cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:34.96, Glycemic Load:17.25, Inflammation Score:-3, Nutrition Score:5.3113043765821%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 237.66kcal (11.88%), Fat: 10.17g (15.64%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 29.23g (10.63%), Sugar: 20.89g (23.21%), Cholesterol: 53.24mg (17.75%), Sodium: 289.39mg (12.58%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 33.67mg (11.22%), Protein: 7.59g (15.17%), Phosphorus: 175.04mg (17.5%), Vitamin B2: 0.23mg (13.34%), Selenium: 8.79µg (12.56%), Calcium: 119.01mg (11.9%), Vitamin A: 434.11IU (8.68%), Vitamin B12: 0.38µg (6.39%), Folate: 22.4µg (5.6%), Potassium: 185.84mg (5.31%), Zinc: 0.73mg (4.84%), Magnesium: 19.11mg (4.78%), Vitamin B5: 0.47mg (4.66%), Vitamin B1: 0.06mg (4.25%), Vitamin B3: 0.8mg (4%), Iron: 0.7mg (3.91%), Manganese: 0.07mg (3.41%), Vitamin B6: 0.05mg (2.48%), Copper: 0.04mg (2.25%), Vitamin E: 0.33mg (2.22%), Vitamin D: 0.28µg (1.86%), Fiber: 0.43g (1.73%)