



## Crustless Almond Cheesecake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

DESSERT

### Ingredients

- 8 ounces cream cheese softened
- 0.3 cup sugar
- 1 large eggs
- 0.1 teaspoon almond extract
- 0.5 cup cream sour
- 4 teaspoons sugar
- 0.5 teaspoon vanilla extract
- 1 serving fruit fresh assorted

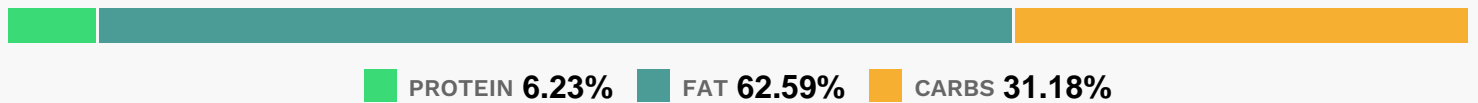
## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack

## Directions

- In a small bowl, beat the cream cheese and sugar for 2 minutes or until smooth.
- Add the egg and almond extract; beat on low speed just until combined.
- Pour into a 7-in. pie plate coated with cooking spray.
- Bake at 350&deg; for 25 minutes.
- Remove to a wire rack; cool for 5 minutes.
- Combine topping ingredients; spread over cream cheese filling.
- Bake 7–8 minutes longer or until set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; refrigerate for at least 1 hour before serving.
- Serve with assorted fruit if desired.

## Nutrition Facts



## Properties

Glycemic Index:41.8, Glycemic Load:15.27, Inflammation Score:-6, Nutrition Score:5.264782651611%

## Nutrients (% of daily need)

Calories: 371.5kcal (18.57%), Fat: 26.37g (40.56%), Saturated Fat: 14.75g (92.2%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 29.08g (10.57%), Sugar: 27.2g (30.22%), Cholesterol: 120.73mg (40.24%), Sodium: 206.44mg (8.98%), Alcohol: 0.22g (100%), Alcohol %: 0.18% (100%), Protein: 5.9g (11.8%), Vitamin A: 1097.55IU (21.95%), Vitamin B2: 0.25mg (14.56%), Selenium: 9.9µg (14.14%), Phosphorus: 110.86mg (11.09%), Calcium: 92.79mg (9.28%), Vitamin B5: 0.62mg (6.24%), Vitamin B12: 0.3µg (4.94%), Vitamin E: 0.73mg (4.85%), Potassium: 155.73mg (4.45%),

Zinc: 0.57mg (3.79%), Vitamin B6: 0.07mg (3.48%), Folate: 13.3µg (3.32%), Vitamin K: 3.02µg (2.88%), Magnesium: 11.03mg (2.76%), Copper: 0.05mg (2.42%), Iron: 0.4mg (2.25%), Fiber: 0.47g (1.9%), Vitamin B1: 0.03mg (1.83%), Vitamin D: 0.25µg (1.67%), Manganese: 0.02mg (1.16%), Vitamin C: 0.91mg (1.1%), Vitamin B3: 0.21mg (1.03%)