



Divine Yogurt Cheesecake

 Vegetarian

READY IN



345 min.

SERVINGS



16

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 1 cup graham cracker crumbs
- ☐ 2 tablespoons butter melted
- ☐ 24 oz cream cheese softened
- ☐ 0.7 cup sugar
- ☐ 3 eggs
- ☐ 6 oz vanilla-honey greek yogurt fat free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups strawberries fresh quartered

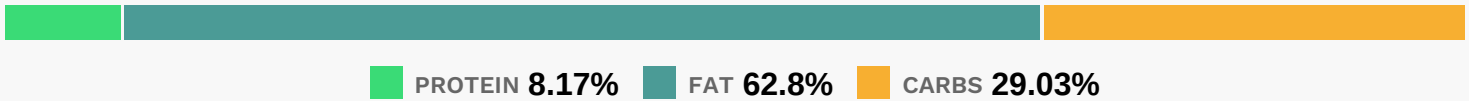
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat oven to 300°F. Spray 9-inch springform pan with cooking spray. In small bowl, mix crust ingredients. Press in bottom and slightly up side of pan. Refrigerate while making filling.
- ☐ In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- ☐ Add sugar and eggs; beat on medium speed until smooth. Beat in yogurt and flour until blended. Carefully spread over crust in pan.
- ☐ Place cheesecake in oven with pan of water on oven rack below it (to prevent cracking).
- ☐ Bake 1 hour 25 minutes to 1 hour 30 minutes or until center is set. Cool 30 minutes. Without releasing or removing side of pan, run metal spatula along side of cheesecake to loosen. Cover; refrigerate at least 3 hours until chilled.
- ☐ Remove side of pan; leave cheesecake on pan bottom to serve.
- ☐ Top cheesecake with strawberries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:10.21, Inflammation Score:-4, Nutrition Score:4.4147826122201%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 245.2kcal (12.26%), Fat: 17.45g (26.84%), Saturated Fat: 9.83g (61.46%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.59g (6.4%), Sugar: 13.31g (14.79%), Cholesterol: 77.76mg (25.92%), Sodium: 194.56mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin A: 661.54IU (13.23%), Vitamin C: 10.58mg (12.83%), Selenium: 6.65µg (9.5%), Vitamin B2: 0.16mg (9.35%), Phosphorus: 78.19mg (7.82%), Calcium: 53.65mg (5.36%), Manganese: 0.08mg (4.16%), Folate: 16.21µg (4.05%), Vitamin B5: 0.4mg (3.97%), Vitamin E: 0.55mg (3.64%), Potassium: 115.51mg (3.3%), Zinc: 0.46mg (3.03%), Iron: 0.53mg (2.94%), Vitamin B12: 0.17µg (2.83%), Magnesium: 10.5mg (2.62%), Vitamin B6: 0.05mg (2.6%), Vitamin B1: 0.04mg (2.45%), Fiber: 0.56g (2.26%), Vitamin B3: 0.37mg (1.84%), Vitamin K: 1.44µg (1.37%), Copper: 0.03mg (1.29%), Vitamin D: 0.17µg (1.1%)