



Frozen Lemon Cheesecake with Blueberry Drizzle

READY IN



380 min.

SERVINGS



20

CALORIES



219 kcal

DESSERT

Ingredients

- 2 cups blueberries
- 0.3 cup butter melted
- 16 oz philadelphia cream cheese softened
- 1.3 cups gingersnaps crushed finely
- 0.3 tsp ground ginger
- 1 Tbsp lemon zest
- 0.3 cup sugar
- 14 oz condensed milk sweetened canned

- 2 Tbsp water
- 1 cup cool whip whipped topping thawed

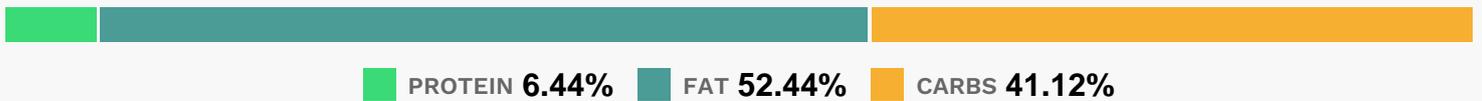
Equipment

- bowl
- sauce pan
- whisk
- blender
- springform pan

Directions

- Combine gingersnap crumbs and butter; press onto bottom of 9-inch springform pan.
- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk. Blend in lemon zest and juice.
- Whisk in COOL WHIP; spoon over crust.
- Freeze 6 hours or until firm. Meanwhile, cook remaining ingredients in saucepan on medium heat 4 min., stirring occasionally; cool. Refrigerate until ready to serve.
- Let cheesecake stand at room temperature 15 min. before serving topped with blueberry sauce.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:9.39, Inflammation Score:-4, Nutrition Score:4.1030435199323%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin:

0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 219.48kcal (10.97%), Fat: 13.07g (20.11%), Saturated Fat: 7.73g (48.32%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 22.52g (8.19%), Sugar: 17.92g (19.91%), Cholesterol: 35.83mg (11.94%), Sodium: 156.83mg (6.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin B2: 0.17mg (9.8%), Calcium: 88.53mg (8.85%), Vitamin A: 439.55IU (8.79%), Phosphorus: 85.64mg (8.56%), Manganese: 0.17mg (8.54%), Selenium: 5.41µg (7.73%), Potassium: 144.69mg (4.13%), Vitamin K: 3.95µg (3.76%), Vitamin B5: 0.33mg (3.27%), Iron: 0.57mg (3.16%), Vitamin E: 0.47mg (3.1%), Magnesium: 11.98mg (2.99%), Vitamin B1: 0.04mg (2.92%), Folate: 11.5µg (2.87%), Vitamin C: 2.34mg (2.83%), Vitamin B12: 0.15µg (2.49%), Zinc: 0.37mg (2.47%), Fiber: 0.55g (2.18%), Vitamin B6: 0.04mg (1.95%), Copper: 0.04mg (1.91%), Vitamin B3: 0.36mg (1.81%)