



Frozen Lime Cheesecake

 Vegetarian

READY IN



255 min.

SERVINGS



16

CALORIES



201 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 16 oz philadelphia cream cheese softened
- 1.5 cups graham crackers crushed finely
- 3 slices lime
- 6 cups lime sherbet
- 0.5 cup sugar
- 2 Tbsp sugar

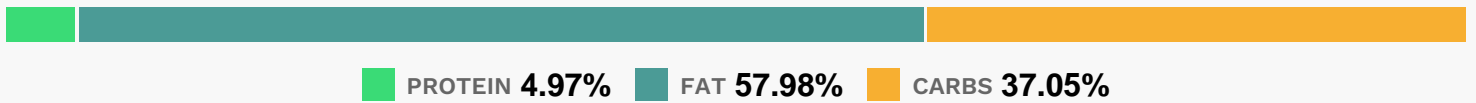
Equipment

- bowl
- frying pan
- blender
- springform pan

Directions

- Combine graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of 9-inch springform pan.
- Beat cream cheese and 1/2 cup sugar in large bowl with mixer until blended. Gradually add sherbet, mixing well after each addition.
- Pour over crust.
- Freeze 4 hours or until firm.
- Remove rim from pan.
- Garnish dessert with lime slices just before serving.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:11.27, Inflammation Score:-4, Nutrition Score:3.3078260654988%

Flavonoids

Hesperetin: 15.56mg, Hesperetin: 15.56mg, Hesperetin: 15.56mg, Hesperetin: 15.56mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 201.12kcal (10.06%), Fat: 13.57g (20.88%), Saturated Fat: 7.69g (48.06%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 18.22g (6.62%), Sugar: 11.35g (12.62%), Cholesterol: 36.26mg (12.09%), Sodium: 168.23mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin C: 10.53mg (12.76%), Vitamin A: 487.46IU (9.75%), Vitamin B2: 0.1mg (5.61%), Phosphorus: 54.74mg (5.47%), Fiber: 1.3g (5.2%), Calcium: 47.04mg (4.7%), Selenium: 2.66µg (3.81%), Iron: 0.6mg (3.34%), Vitamin E: 0.41mg (2.7%), Potassium: 90.27mg (2.58%), Vitamin B1: 0.04mg (2.45%), Magnesium: 9.77mg (2.44%), Vitamin B5: 0.24mg (2.44%), Folate: 9.43µg (2.36%), Zinc: 0.35mg (2.33%), Vitamin B3: 0.42mg (2.09%), Vitamin B6: 0.04mg (2%), Copper: 0.03mg (1.58%), Vitamin

B12: 0.07µg (1.14%), Vitamin K: 1.06µg (1.01%)