



Green Tea Cheesecake

 Popular

READY IN



100 min.

SERVINGS



8

CALORIES



262 kcal

DESSERT

Ingredients

- 16 ounce cream cheese fat-free softened
- 2 eggs beaten
- 19-inch graham cracker crust prepared ()
- 1 tablespoon tea powder green
- 2 teaspoons vanilla extract
- 0.8 cup sugar white

Equipment

- bowl

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, beat together the cream cheese and sugar until smooth.
- Mix in the green tea powder, eggs, and vanilla extract until lightly and creamy; pour into the prepared crust.
- Bake in preheated oven for 25 minutes, or until the center jiggles evenly when the cake is shaken lightly. Refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-2, Nutrition Score:7.7134782283202%

Nutrients (% of daily need)

Calories: 262.42kcal (13.12%), Fat: 6.94g (10.68%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 36.48g (13.27%), Sugar: 25.83g (28.7%), Cholesterol: 47.72mg (15.91%), Sodium: 514.01mg (22.35%), Alcohol: 0.34g (100%), Alcohol %: 0.39% (100%), Protein: 12.31g (24.62%), Phosphorus: 343.24mg (34.32%), Calcium: 211.63mg (21.16%), Vitamin B2: 0.25mg (14.72%), Manganese: 0.29mg (14.46%), Vitamin B12: 0.64µg (10.61%), Selenium: 6.82µg (9.74%), Folate: 38.83µg (9.71%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.68mg (6.83%), Iron: 1.2mg (6.67%), Potassium: 198.67mg (5.68%), Magnesium: 18.8mg (4.7%), Vitamin K: 4.78µg (4.55%), Vitamin B1: 0.07mg (4.42%), Vitamin B3: 0.83mg (4.14%), Copper: 0.08mg (3.89%), Vitamin A: 183.41IU (3.67%), Vitamin E: 0.52mg (3.47%), Vitamin B6: 0.06mg (3.17%), Fiber: 0.4g (1.62%), Vitamin D: 0.22µg (1.47%)