



Individual Key Lime Cheesecakes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 3 ounces cream cheese at room temperature
- ☐ 2 large egg yolks
- ☐ 1.3 teaspoons gelatin powder unflavored
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons lime zest finely grated
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.5 cup sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ ramekin

Directions

- ☐ Oil six 6-oz. ramekins.
- ☐ Pour 2 Tbsp. cold water into a small bowl.
- ☐ Sprinkle gelatin over water and let stand until softened, about 10 minutes.
- ☐ Place bowl into a larger bowl of hot water and stir until gelatin has dissolved and liquid is clear.
- ☐ Blend sugar and zest in a food processor until zest is finely ground.
- ☐ Whisk together lime juice, sugar mixture and yolks in a saucepan. Cook, whisking, over medium-low heat for about 3 minutes to dissolve sugar.
- ☐ Remove from heat and whisk in gelatin. Cool to room temperature, whisking often.
- ☐ Beat cream cheese and sour cream until smooth.
- ☐ Add heavy cream and beat on medium-high speed until mixture forms stiff peaks.
- ☐ Pour lime juice mixture through a sieve set over a bowl, pressing to extract as much liquid as possible.
- ☐ Whisk juice into cream cheese mixture and pour into ramekins.
- ☐ Let cool to room temperature. Chill, loosely covered, at least 3 hours, until set and chilled.
- ☐ To serve, dip bottoms of ramekins one at a time into a bowl of hot water for about 5 seconds, and run a small knife around edges. Invert cheesecakes onto serving plates and serve immediately.

Nutrition Facts



PROTEIN 5.64% **FAT 64.07%** **CARBS 30.29%**

Properties

Glycemic Index:21.52, Glycemic Load:11.86, Inflammation Score:-4, Nutrition Score:3.8099999745255%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 261.9kcal (13.09%), Fat: 19.18g (29.5%), Saturated Fat: 10.87g (67.95%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 20.34g (7.4%), Sugar: 18.94g (21.04%), Cholesterol: 114.89mg (38.3%), Sodium: 63.51mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin A: 748.12IU (14.96%), Selenium: 6.49µg (9.28%), Vitamin B2: 0.15mg (9.11%), Phosphorus: 72.48mg (7.25%), Calcium: 65.44mg (6.54%), Vitamin C: 3.6mg (4.36%), Vitamin D: 0.62µg (4.16%), Vitamin B5: 0.41mg (4.12%), Vitamin B12: 0.23µg (3.9%), Vitamin E: 0.58mg (3.89%), Folate: 13.38µg (3.34%), Potassium: 92.61mg (2.65%), Vitamin B6: 0.05mg (2.53%), Zinc: 0.36mg (2.37%), Copper: 0.04mg (1.83%), Vitamin B1: 0.03mg (1.73%), Magnesium: 6.85mg (1.71%), Vitamin K: 1.47µg (1.4%), Iron: 0.24mg (1.34%)