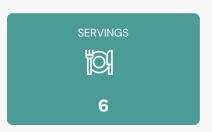


Individual Key Lime Cheesecakes

Gluten Free







DESSERT

Ingredients

0.5 cup sugar

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

Equipment	
	food processor
	bowl
	sauce pan
	knife
	whisk
	sieve
	ramekin
Di	rections
	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

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, 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 %: O% (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%)