



## Joanne's Almost Fat-free Lemon Cheesecake

READY IN



475 min.

SERVINGS



16

CALORIES



260 kcal

### Ingredients

- 1.8 cups vanilla wafer cookie crumbs fat-free or any cookie crumbs
- 24 ounce cream cheese fat-free
- 1 large eggs
- 3 large eggs or
- 2 tablespoons juice of lemon
- 6 tablespoons juice of lemon
- 1.5 teaspoons lemon zest
- 2 teaspoons lemon zest
- 1 cup cup heavy whipping cream fat-free sour
- 0.5 cup sugar substitute (recommended: Splenda)

- 2 cups sugar substitute (recommended: Splenda)
- 0.3 cup butter unsalted melted
- 2 tablespoons butter fat-free unsalted or any butter substitute cut into bits,

## Equipment

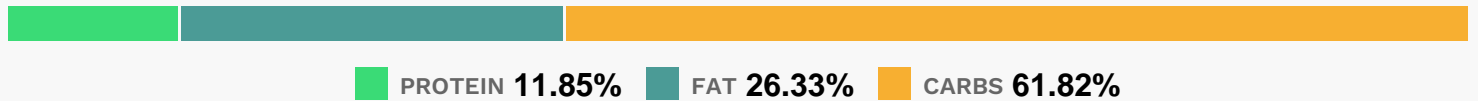
- bowl
- frying pan
- oven
- whisk
- double boiler
- hand mixer
- springform pan

## Directions

- Watch how to make this recipe.
- Make crust: Preheat oven to 325 degrees F.
- Lightly spray a (9-inch) springform pan with cooking spray.
- Mix crumbs and melted butter in a bowl. Press crumb mixture onto bottom and 1 1/2 inches up side of pan.
- Bake for 8 to 10 minutes or until edges are lightly golden and crust is set. Cool on rack.
- Make filling: In large bowl with electric mixer on medium-high, beat cream cheese and sour cream for 2 to 3 minutes until fluffy. Gradually beat in sugar or sugar substitute. Beat in eggs, 1 at a time, just until incorporated. Beat in zest and juice.
- Pour into crust.
- Bake for 1 hour to 1 hour, 15 minutes, or until center is almost set, but still slightly jiggly. (Do not overbake, as it will firm as it cools).
- Let cool completely.
- Make lemon curd: In the top of a double boiler, combine lemon zest, lemon juice, egg, egg yolk, and sugar or sugar substitute over gently simmering water.

- Whisk until hot and frothy, about 5 minutes. Gradually whisk in butter and continue whisking for 7 minutes or until thickened and coats back of spoon.
- Remove from heat and cool for 30 minutes.
- Run a thin blade around the edge of the springform pan and remove sides.
- Transfer to a serving plate.
- Spread lemon curd over top.
- Let stand at room temperature for 30 minutes.
- Garnish with raspberries and zest, if desired. Cool cheesecake in refrigerator several hours or overnight before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:18.63, Inflammation Score:-2, Nutrition Score:5.3056522167247%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 259.89kcal (12.99%), Fat: 7.88g (12.12%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 41.41g (15.06%), Sugar: 30.06g (33.4%), Cholesterol: 25.5mg (8.5%), Sodium: 375.28mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Phosphorus: 249.46mg (24.95%), Calcium: 172.57mg (17.26%), Vitamin B2: 0.18mg (10.49%), Vitamin B12: 0.48µg (7.94%), Folate: 28.59µg (7.15%), Selenium: 4.24µg (6.06%), Zinc: 0.8mg (5.32%), Vitamin A: 236.25IU (4.72%), Potassium: 159.21mg (4.55%), Vitamin B5: 0.44mg (4.42%), Vitamin B1: 0.07mg (4.39%), Vitamin C: 3.47mg (4.21%), Magnesium: 13.04mg (3.26%), Vitamin E: 0.45mg (3.03%), Manganese: 0.06mg (2.78%), Iron: 0.45mg (2.5%), Vitamin B3: 0.48mg (2.39%), Vitamin B6: 0.04mg (2.02%), Copper: 0.03mg (1.52%), Vitamin K: 1.54µg (1.47%)