



Key Lime Cheesecake



Vegetarian



Gluten Free

READY IN



710 min.

SERVINGS



16

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almond meal flour
- ☐ 3 tablespoons canola oil
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup cream cheese fat-free block-style softened
- ☐ 3 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 slices lime halved
- ☐ 0.5 cup bottled key lime juice fresh

- ☐ 1 tablespoon key lime rind grated
- ☐ 1.5 cups certified quick-cooking oats gluten-free
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sorghum flour sweet white
- ☐ 1 cup heavy whipping cream fat-free sour
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 16 ounce blocks softened

Equipment

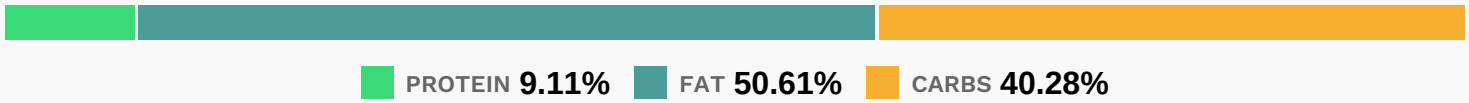
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 325
- ☐ To prepare crust, place first 5 ingredients in a food processor; process until finely ground.
- ☐ Add oil; pulse 2 to 3 times or until combined.
- ☐ Wrap 2 layers of foil around bottom and outside of a 9-inch springform pan; coat inside of pan with cooking spray. Firmly press crust mixture into bottom and 1/2 inch up sides of pan.
- ☐ Bake at 325 for 5 minutes. Cool completely on a wire rack.

- ☐ To prepare cheesecake, place cheeses in a large bowl; beat with a mixer at medium speed until smooth.
- ☐ Add sugar and next 5 ingredients (through salt); beat well.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add Key lime juice, beating at low speed until blended.
- ☐ Pour cheesecake batter over cooled crust.
- ☐ Place springform pan in a shallow roasting pan; add enough hot water to come halfway up sides of springform pan.
- ☐ Bake at 325 for 1 hour and 5 minutes or until center barely moves when pan is touched. Turn oven off; cool cheesecake in closed oven 30 minutes.
- ☐ Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.
- ☐ Garnish with lime.

Nutrition Facts



Properties

Glycemic Index:18.82, Glycemic Load:13.12, Inflammation Score:-4, Nutrition Score:5.7030434478884%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 249.95kcal (12.5%), Fat: 14.38g (22.12%), Saturated Fat: 6.38g (39.87%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 24.79g (9.01%), Sugar: 15.88g (17.64%), Cholesterol: 65.65mg (21.88%), Sodium: 191.01mg (8.3%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 5.82g (11.64%), Manganese: 0.36mg (18%), Phosphorus: 138.34mg (13.83%), Selenium: 9.23µg (13.19%), Vitamin B2: 0.16mg (9.55%), Vitamin A: 476.13IU (9.52%), Calcium: 83.2mg (8.32%), Magnesium: 29.08mg (7.27%), Vitamin E: 0.88mg (5.87%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.44mg (4.39%), Vitamin B1: 0.06mg (4.31%), Vitamin B12: 0.26µg (4.27%), Fiber: 0.96g (3.84%), Potassium: 129.65mg (3.7%), Folate: 14.5µg (3.63%), Iron: 0.65mg (3.61%), Vitamin C: 2.51mg (3.04%), Vitamin K: 2.88µg (2.74%), Vitamin B6: 0.05mg (2.63%), Copper: 0.05mg (2.56%), Vitamin D: 0.19µg (1.25%)