



## Lemon Blueberry Cheesecake

READY IN



30 min.

SERVINGS



12

CALORIES



143 kcal

DESSERT

### Ingredients

- 1.3 cups blueberries fresh divided
- 2 tablespoons butter melted
- 1 tablespoon canola oil
- 1.5 teaspoons cornstarch
- 24 ounces nonfat cottage cheese fat-free
- 1 cup graham cracker crumbs
- 3 ounces gelatin mix
- 1 teaspoon juice of lemon
- 2 tablespoons sugar

0.3 cup water

## Equipment

bowl

frying pan

sauce pan

knife

blender

springform pan

## Directions

In a large bowl, dissolve gelatin in boiling water. Cool. In a small bowl, combine the crumbs, butter and oil. Press onto the bottom of a 9-in. springform pan. Chill.

In a blender, cover and process cottage cheese and sugar until smooth. While processing, slowly add cooled gelatin.

Pour into crust; cover and refrigerate overnight.

For topping, in a small saucepan, combine sugar and cornstarch; gradually stir in water until smooth.

Add 1 cup blueberries. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in lemon juice; cool slightly.

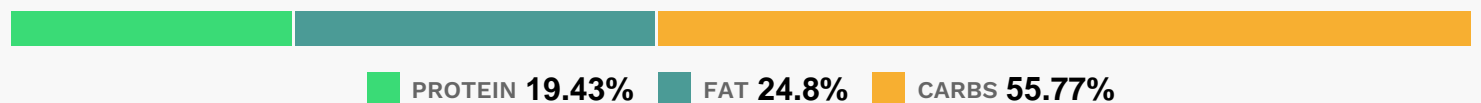
Transfer to a blender; cover and process until smooth. Refrigerate until chilled.

Carefully run a knife around edge of pan to loosen cheesecake; remove sides of pan.

Spread the blueberry mixture over the top.

Sprinkle with remaining blueberries. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:19.51, Glycemic Load:5.96, Inflammation Score:-1, Nutrition Score:3.5173913136772%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 142.67kcal (7.13%), Fat: 3.99g (6.13%), Saturated Fat: 1.5g (9.34%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 19.52g (7.1%), Sugar: 12.4g (13.78%), Cholesterol: 8.99mg (3%), Sodium: 305.54mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Phosphorus: 134.46mg (13.45%), Vitamin B2: 0.16mg (9.17%), Selenium: 5.86µg (8.38%), Calcium: 56.25mg (5.62%), Vitamin B12: 0.26µg (4.41%), Vitamin K: 4.17µg (3.97%), Manganese: 0.07mg (3.44%), Potassium: 104.26mg (2.98%), Magnesium: 11.62mg (2.91%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.28mg (2.77%), Fiber: 0.64g (2.54%), Folate: 9.68µg (2.42%), Iron: 0.43mg (2.4%), Vitamin E: 0.36mg (2.39%), Vitamin B1: 0.04mg (2.37%), Vitamin C: 1.76mg (2.13%), Vitamin B3: 0.42mg (2.08%), Copper: 0.04mg (1.9%), Vitamin A: 71.75IU (1.44%), Vitamin B6: 0.03mg (1.25%)