

Lemon Cheesecake

READY IN



90 min.

SERVINGS



8

CALORIES



382 kcal

DESSERT

Ingredients

- 16 ounce cream cheese
- 0.5 cup egg substitute
- 1.5 tablespoons flour all-purpose
- 1 9-inch reduced fat graham cracker pie crust ()
- 2.5 tablespoons juice of lemon
- 8 ounce nonfat lemon yogurt
- 0.5 cup sugar white

Equipment

bowl

oven

Directions

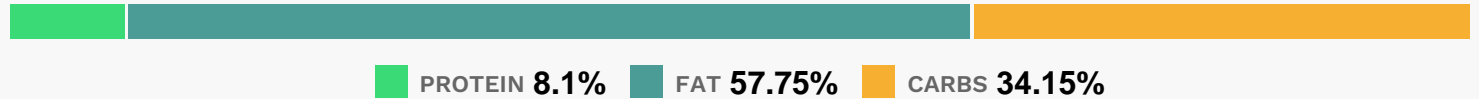
Preheat oven to 350 degrees F (175 degrees C.)

In a large bowl, beat cream cheese and sugar until smooth. Beat in flour. Beat in lemon juice and egg substitute. Stir in yogurt.

Pour into crust.

Bake in the preheated oven for 50 to 60 minutes, or until filling is set. Allow to cool. Refrigerate at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:10.35, Inflammation Score:-5, Nutrition Score:7.6591304696125%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 382.26kcal (19.11%), Fat: 24.89g (38.29%), Saturated Fat: 12.55g (78.45%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 32.66g (11.88%), Sugar: 21.05g (23.39%), Cholesterol: 57.83mg (19.28%), Sodium: 330mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.71%), Selenium: 13.2µg (18.86%), Vitamin B2: 0.31mg (18.23%), Vitamin A: 797.7IU (15.95%), Manganese: 0.29mg (14.63%), Phosphorus: 142.73mg (14.27%), Calcium: 129.14mg (12.91%), Vitamin B5: 0.8mg (8.04%), Vitamin E: 1.13mg (7.51%), Folate: 28.23µg (7.06%), Zinc: 0.98mg (6.56%), Vitamin B1: 0.1mg (6.39%), Potassium: 209.68mg (5.99%), Vitamin B12: 0.35µg (5.81%), Iron: 1.01mg (5.63%), Vitamin K: 5.91µg (5.63%), Magnesium: 18.22mg (4.55%), Vitamin B3: 0.88mg (4.4%), Vitamin B6: 0.09mg (4.28%), Copper: 0.07mg (3.44%), Vitamin C: 2.14mg (2.6%), Fiber: 0.46g (1.82%), Vitamin D: 0.24µg (1.6%)