

Lemon Cheesecake Dessert

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



230 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 16 ounces cream cheese softened
- 2 eggs
- 1.5 cups graham cracker crumbs (24 squares)
- 0.5 cup juice of lemon
- 0.3 cup pecans finely chopped
- 0.3 cup sugar
- 14 ounces condensed milk sweetened canned

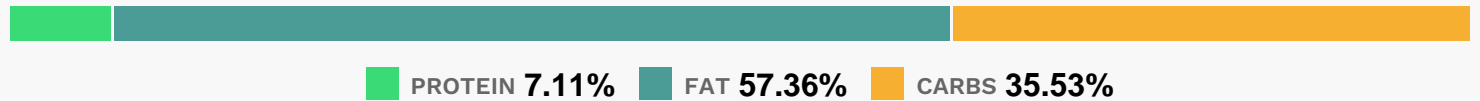
Equipment

- bowl
- oven
- wire rack
- baking pan

Directions

- In a bowl, combine the cracker crumbs, pecans and sugar.
- Add butter; mix well. Set aside 1/2 cup. Press the remaining crumb mixture into a greased 13-in. x 9-in. baking dish.
- Bake at 325° for 8 minutes.
- Meanwhile, in a small bowl, beat the cream cheese until smooth.
- Add the milk, eggs and lemon juice; beat until smooth. Spoon over crust.
- Sprinkle with the reserved crumb mixture.
- Bake for 30 minutes or until center is almost set. Cool on a wire rack. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:12.65, Inflammation Score:-3, Nutrition Score:4.0973913254945%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 229.94kcal (11.5%), Fat: 14.98g (23.04%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 20.47g (7.44%), Sugar: 16.67g (18.52%), Cholesterol: 54.16mg (18.05%), Sodium: 168.6mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin B2: 0.18mg (10.3%), Phosphorus: 102.34mg (10.23%), Vitamin A: 477.26IU (9.55%), Selenium: 6.37µg (9.1%), Calcium: 88.38mg (8.84%), Manganese: 0.09mg (4.38%), Potassium: 135.49mg (3.87%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.37mg (3.73%), Magnesium: 14.09mg (3.52%), Vitamin B1: 0.05mg (3.52%), Vitamin C: 2.9mg (3.51%), Vitamin B12: 0.18µg (3.05%), Folate: 10.92µg (2.73%), Vitamin E: 0.4mg (2.64%), Iron: 0.45mg (2.52%), Vitamin B6: 0.04mg (2.17%), Copper: 0.04mg (1.76%), Vitamin B3: 0.33mg (1.66%), Fiber: 0.41g (1.63%)