



## Lemon Cheesecake Squares

 Vegetarian

READY IN



180 min.

SERVINGS



16

CALORIES



199 kcal

DESSERT

### Ingredients

- 8 graham crackers (each)
- 2 tablespoons sugar
- 3 tablespoons butter unsalted melted
- 16 ounces cream cheese room temperature
- 0.8 cup sugar
- 2 large eggs
- 1 juice of lemon finely grated (2 to 3 teaspoons zest and 3 tablespoons juice)

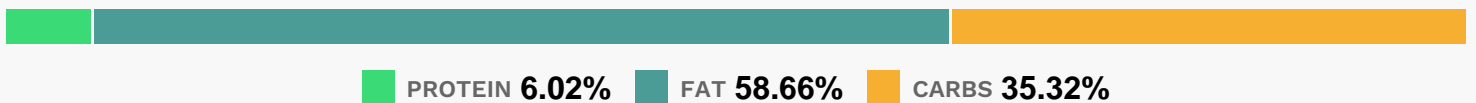
### Equipment

- food processor
- bowl
- frying pan
- oven
- plastic wrap
- baking pan
- aluminum foil
- spatula

## Directions

- Make the crust: Preheat oven to 325 degrees. Line bottom and sides of an 8-inch square baking pan with aluminum foil, leaving an overhang on all sides. Crimp overhang under rim of pan.
- In a food processor, blend graham crackers with sugar until finely ground; add butter and pulse until moistened.
- Transfer crumb mixture to prepared pan, and pat in gently (wipe processor bowl clean, and reserve for making filling).
- Bake until beginning to brown, 10 to 12 minutes. While crust is baking, make filling.
- Place cream cheese in food processor; blend until smooth.
- Add sugar, eggs, lemon zest, and lemon juice; blend until smooth.
- Pour mixture onto hot crust in pan; smooth top. Return to oven, and bake until set (filling should jiggle only slightly when pan is gently shaken), 30 to 35 minutes.
- Cool completely in pan. Cover very loosely with plastic wrap; chill until firm, at least 2 hours (and up to 2 days). Use foil overhang to lift cheesecake out of pan. With metal spatula, lift cheesecake from foil; cut into 16 squares.

## Nutrition Facts



## Properties

Glycemic Index:15.07, Glycemic Load:11.79, Inflammation Score:-3, Nutrition Score:2.5939130925614%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 198.94kcal (9.95%), Fat: 13.22g (20.33%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 17.66g (6.42%), Sugar: 13.6g (15.11%), Cholesterol: 57.53mg (19.18%), Sodium: 144.44mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin A: 480.2IU (9.6%), Vitamin B2: 0.11mg (6.69%), Selenium: 4.45µg (6.36%), Phosphorus: 57.63mg (5.76%), Calcium: 37.38mg (3.74%), Vitamin B5: 0.26mg (2.63%), Vitamin E: 0.37mg (2.49%), Iron: 0.44mg (2.43%), Zinc: 0.36mg (2.42%), Folate: 9.16µg (2.29%), Vitamin B12: 0.12µg (2.04%), Magnesium: 7.6mg (1.9%), Potassium: 61.22mg (1.75%), Vitamin B6: 0.03mg (1.72%), Vitamin B1: 0.03mg (1.7%), Vitamin B3: 0.3mg (1.49%), Vitamin D: 0.16µg (1.1%)