



Lemon Cheesecake Squares

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 4 oz cream cheese softened
- ☐ 1 large eggs room temperature
- ☐ 0.3 cup evaporated milk
- ☐ 0.5 tablespoon flour
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest packed

- ☐ 0.3 cup powdered sugar
- ☐ 0.3 scant teaspoon salt salted (omit if using butter)
- ☐ 1 stick butter unsalted

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees F. Have ready an 8 inch metal pan. For convenience, I lined mine with non-stick foil.
- ☐ Combine flour, powdered sugar and salt in a large mixing bowl or bowl of food processor.
- ☐ Cut in butter with pastry blender or use the food processor and pulse until crumbly. Press into prepared pan and bake for 18–20 minutes or until edges are lightly browned.
- ☐ Combine cream cheese and sugar in a mixing bowl and beat until smooth. Beat in the evaporated milk, then stir in the lemon zest and lemon juice. Beat until smooth.
- ☐ Add the egg and beat just until smooth (do not overbeat after adding the egg). Stir in the flour. Alternately, you can do this in the food processor or in a blender.
- ☐ Pour mixture over crust and bake for an additional 15 minute or until set. Cool in pan set on a wire rack. Chill until very cold.
- ☐ Spread with sour cream or sweetened whipped cream. If you've lined the pan with foil, you can now lift the bars from the pan, set on a cutting board and cut into bars or squares. Makes 12–16

Nutrition Facts



 PROTEIN **6.06%**  FAT **58.48%**  CARBS **35.46%**

Properties

Glycemic Index:20.59, Glycemic Load:8.97, Inflammation Score:-3, Nutrition Score:3.1656521403271%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg 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: 181.45kcal (9.07%), Fat: 11.94g (18.37%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.98g (5.81%), Sugar: 7.78g (8.65%), Cholesterol: 47.32mg (15.77%), Sodium: 44.39mg (1.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Selenium: 6.03µg (8.61%), Vitamin A: 401.7IU (8.03%), Vitamin B2: 0.12mg (7.11%), Vitamin B1: 0.09mg (6.17%), Folate: 23.81µg (5.95%), Phosphorus: 46.64mg (4.66%), Manganese: 0.08mg (3.84%), Calcium: 34.08mg (3.41%), Iron: 0.6mg (3.35%), Vitamin B3: 0.67mg (3.33%), Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.24mg (1.61%), Potassium: 56.15mg (1.6%), Vitamin C: 1.32mg (1.59%), Vitamin D: 0.23µg (1.54%), Magnesium: 5.75mg (1.44%), Vitamin B12: 0.09µg (1.42%), Fiber: 0.31g (1.26%), Copper: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.12%)