



Lemon Cheesecake Squares

READY IN



29 min.

SERVINGS



12

CALORIES



190 kcal

DESSERT

Ingredients

- ☐ 8 oz cream cheese room temperature
- ☐ 1 large eggs
- ☐ 1 large egg white room temperature
- ☐ 12 servings garnish: blueberry ice cream topping white melted
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons lemon pudding mix instant
- ☐ 1 cup lemon cake mix (129 grams) ()
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon cup heavy whipping cream sour room temperature

- ☐ 4 teaspoons vegetable oil
- ☐ 0.3 cup water

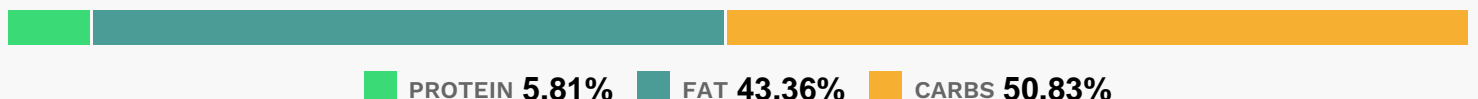
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. Spray 12 squares of a Calphalon Classic bar cookie pan with flour-added baking spray. With an electric mixer, beat the cream cheese and sugar just until smooth.
- ☐ Add the egg white and mix on the lowest speed of mixer just until blended — do not overbeat the egg white; stir in the sour cream. Set aside. In another bowl, mix the cake mix, pudding mix, egg, oil and water and beat with a hand held mixer until smooth. Spoon tablespoonfuls of lemon batter across bottom of each square and gently spread so that each square is covered. Put a generous tablespoon of cream cheese batter over the lemon batter.
- ☐ Bake for 18 minutes or just until the tops and bottoms appear set.
- ☐ Let cool for about 10 minutes in the pan, then carefully pry cakes out of pan and set on a cooling rack.
- ☐ Transfer to the refrigerator to cool and chill. For the garnish, put a bit of blueberry ice cream topping in the middle, or put some white chips in a heavy duty freezer bag, microwave on high for 30 seconds, knead bag a little, and repeat until melted. Snip off bottom corner and pipe over cakes.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:3.0521739440282%

Nutrients (% of daily need)

Calories: 189.82kcal (9.49%), Fat: 9.26g (14.24%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 24.16g (8.79%), Sugar: 13.82g (15.36%), Cholesterol: 35.19mg (11.73%), Sodium: 254.11mg (11.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Phosphorus: 91.81mg (9.18%), Vitamin B2: 0.12mg (7.3%), Calcium: 64.29mg (6.43%), Selenium: 4.16µg (5.94%), Vitamin A: 282.57IU (5.65%), Folate: 17.28µg (4.32%), Vitamin K: 3.78µg (3.6%), Vitamin E: 0.54mg (3.6%), Vitamin B1: 0.05mg (3.49%), Iron: 0.53mg (2.92%), Vitamin B5: 0.25mg (2.54%), Vitamin B3: 0.48mg (2.42%), Manganese: 0.05mg (2.29%), Vitamin B12: 0.1µg (1.73%), Vitamin B6: 0.03mg (1.69%), Zinc: 0.22mg (1.44%), Potassium: 48.75mg (1.39%), Copper: 0.03mg (1.33%), Magnesium: 5.2mg (1.3%), Fiber: 0.27g (1.07%)