



Lemon Cheesecake Squares with Fresh Berries

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 16 servings poached berries fresh
- ☐ 5 tablespoons butter
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 large eggs
- ☐ 9 graham crackers whole
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated

- ☐ 3 tablespoons cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ rolling pin

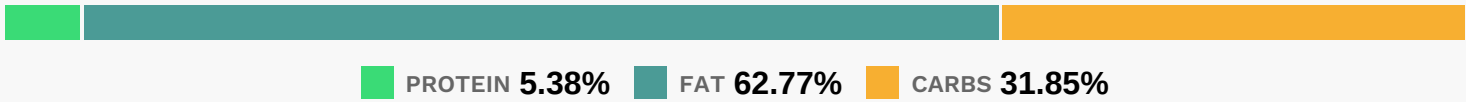
Directions

- ☐ Preheat oven to 350°F. Fold 16-inch long piece of foil to 8x16-inch strip; place in 8x8x2-inch metal baking pan, leaving overhang on 2 sides. Repeat with another sheet of foil in opposite direction, lining pan completely. Butter foil.
- ☐ Place graham crackers in heavy-duty plastic bag. Using rolling pin or mallet, crush crackers finely. Melt butter in medium skillet over low heat.
- ☐ Remove from heat; add crumbs and toss to coat. Press crumbs evenly onto bottom of prepared pan.
- ☐ Bake crust until deep golden, about 12 minutes. Cool crust while preparing filling.
- ☐ Using electric mixer, beat cream cheese and sugar in large bowl until smooth. Beat in egg and sour cream, then lemon juice, lemon peel, and vanilla.
- ☐ Spread batter over crust.
- ☐ Bake cheesecake until slightly puffed and set in center, about 30 minutes; cool completely in pan on rack. Chill cheesecake until cold, at least 2 hours. DO AHEAD: Can be made 1 day ahead. Cover; keep chilled.
- ☐ Using foil overhang as aid, lift cheesecake from pan.
- ☐ Cut into 16 squares; arrange on platter. Top each square with berries. Chill until ready to serve, up to 3 hours.

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Serve chilled.

Nutrition Facts



Properties

Glycemic Index:13.82, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:1.8769565341265%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg 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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 141.1kcal (7.05%), Fat: 9.97g (15.34%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.06g (4.02%), Sugar: 6.77g (7.52%), Cholesterol: 36.68mg (12.23%), Sodium: 129.78mg (5.64%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 1.92g (3.85%), Vitamin A: 331.29IU (6.63%), Vitamin B2: 0.07mg (4.29%), Phosphorus: 40.33mg (4.03%), Selenium: 2.34µg (3.34%), Calcium: 25.64mg (2.56%), Iron: 0.41mg (2.25%), Zinc: 0.28mg (1.86%), Vitamin E: 0.27mg (1.82%), Folate: 7.11µg (1.78%), Magnesium: 6.84mg (1.71%), Vitamin B3: 0.33mg (1.63%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.15mg (1.46%), Vitamin C: 1.09mg (1.33%), Fiber: 0.33g (1.31%), Potassium: 44.15mg (1.26%), Vitamin B6: 0.02mg (1.21%), Vitamin B12: 0.07µg (1.19%)