



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
- 3 tablespoons 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 crumb 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.
- Serve chilled.

Nutrition Facts

PROTEIN 5.38% FAT 62.84% CARBS 31.78%

Properties

Glycemic Index:13.82, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:1.8465217572191%

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: 140.98kcal (7.05%), Fat: 9.97g (15.34%), Saturated Fat: 5.56g (34.76%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 11.05g (4.02%), Sugar: 6.76g (7.51%), Cholesterol: 36.68mg (12.23%), Sodium: 129.76mg (5.64%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 1.92g (3.84%), Vitamin A: 331.16IU (6.62%), Vitamin B2: 0.07mg (4.28%), Phosphorus: 40.3mg (4.03%), Selenium: 2.33µg (3.33%), Calcium: 25.3mg (2.53%), Iron: 0.4mg (2.24%), Zinc: 0.28mg (1.85%), Vitamin E: 0.27mg (1.82%), Folate: 7.08µg (1.77%), Magnesium: 6.8mg (1.7%), Vitamin B3: 0.32mg (1.62%), Vitamin B1: 0.02mg (1.6%), Vitamin B5: 0.14mg (1.45%), Potassium: 43.75mg (1.25%), Fiber: 0.3g (1.2%), Vitamin B12: 0.07µg (1.19%), Vitamin B6: 0.02mg (1.18%)