



## Lemon Cheesecake with Blueberry Sauce

READY IN



45 min.

SERVINGS



16

CALORIES



209 kcal

DESSERT

### Ingredients

- 24 ounce blocks cream cheese fat-free softened
- 8 ounce block softened
- 2 large egg whites
- 2 large eggs
- 3 tablespoons flour all-purpose
- 1 cup gingersnaps crushed finely ( 27 cookies, )
- 16 servings blueberry sauce
- 6 ounce carton lemon yogurt fat-free (such as Yoplait)
- 2 teaspoons juice of lemon fresh

- 2 teaspoons lemon rind ,grated
- 2 tablespoons stick margarine ,melted
- 1 cup sugar

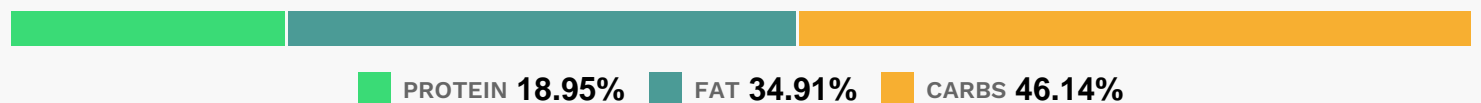
## Equipment

- bowl
- oven
- wire rack
- blender
- springform pan

## Directions

- Preheat oven to 300
- To prepare crust, combine the gingersnap crumbs and butter in a bowl, and firmly press mixture into the bottom of a 9-inch springform pan coated with cooking spray.
- Bake at 300 for 15 minutes; cool on a wire rack.
- To prepare filling, beat sugar, flour, and cheeses at medium-high speed of a mixer until smooth.
- Add the eggs and egg whites, 1 at a time, beating after each addition.
- Add lemon rind, lemon juice, and yogurt, beating well.
- Pour cheese mixture into prepared crust, and bake at 300 for 1 hour and 10 minutes or until set. Turn oven off; cool cheesecake in closed oven 1 hour.
- Remove cheesecake from oven; cool to room temperature. Cover and chill 8 hours.
- Serve with Blueberry Sauce.

## Nutrition Facts



## Properties

Glycemic Index:10.76, Glycemic Load:9.71, Inflammation Score:-3, Nutrition Score:6.3099999972012%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 208.69kcal (10.43%), Fat: 8.16g (12.55%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 24.05g (8.74%), Sugar: 17.87g (19.86%), Cholesterol: 42.88mg (14.29%), Sodium: 435.74mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Phosphorus: 275.14mg (27.51%), Calcium: 194.66mg (19.47%), Vitamin B2: 0.25mg (14.58%), Selenium: 7.34µg (10.49%), Vitamin B12: 0.56µg (9.35%), Folate: 29.43µg (7.36%), Manganese: 0.13mg (6.58%), Vitamin B5: 0.65mg (6.46%), Zinc: 0.94mg (6.3%), Vitamin A: 313.82IU (6.28%), Potassium: 207.4mg (5.93%), Magnesium: 17.76mg (4.44%), Iron: 0.74mg (4.14%), Vitamin B1: 0.05mg (3.58%), Vitamin B6: 0.05mg (2.7%), Copper: 0.05mg (2.48%), Vitamin B3: 0.45mg (2.23%), Vitamin E: 0.32mg (2.16%)