



Lemon quark cheesecake

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

Ingredients

- ☐ 80 g graham crackers
- ☐ 50 g butter melted
- ☐ 200 g cheese light soft
- ☐ 500 g german quark
- ☐ 200 g powdered sugar
- ☐ 3 juice of lemon
- ☐ 4 sheets gelatin

Equipment

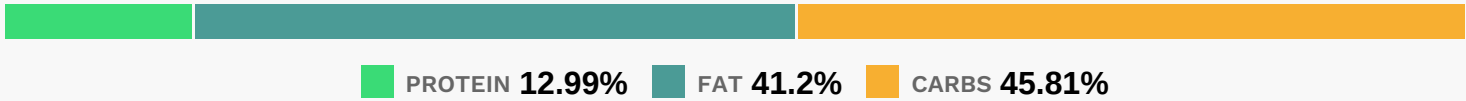
☐

whisk

Directions

- ☐ Crush the digestive biscuits and mix with the melted butter. Press into the base of a 20cm springform tin. Chill to firm.
- ☐ Whisk the light soft cheese with the quark and icing sugar, then fold through zest 2 lemons.
- ☐ Soak the gelatine sheets in cold water, then melt in the juice 3 lemons over a low heat. Beat into the cheese mix, then spoon on top of the biscuit base. Chill until set.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:5.76, Inflammation Score:-3, Nutrition Score:2.5947826219642%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 320.29kcal (16.01%), Fat: 14.88g (22.9%), Saturated Fat: 8.49g (53.04%), Carbohydrates: 37.23g (12.41%), Net Carbohydrates: 36.86g (13.4%), Sugar: 30.48g (33.86%), Cholesterol: 38.69mg (12.9%), Sodium: 249.66mg (10.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Vitamin A: 492.61IU (9.85%), Vitamin B2: 0.09mg (5.43%), Vitamin C: 4.35mg (5.28%), Phosphorus: 49.74mg (4.97%), Selenium: 2.77µg (3.96%), Calcium: 35.13mg (3.51%), Iron: 0.48mg (2.65%), Vitamin E: 0.38mg (2.51%), Folate: 9.59µg (2.4%), Magnesium: 9.17mg (2.29%), Zinc: 0.33mg (2.23%), Vitamin B1: 0.03mg (2.12%), Vitamin B3: 0.41mg (2.07%), Potassium: 64.45mg (1.84%), Vitamin B5: 0.17mg (1.65%), Copper: 0.03mg (1.63%), Fiber: 0.37g (1.5%), Vitamin B6: 0.03mg (1.47%), Vitamin B12: 0.07µg (1.09%)