



## Lemony Cheesecake with Raspberry Topping

READY IN



45 min.

SERVINGS



12

CALORIES



341 kcal

DESSERT

### Ingredients

- 3 tablespoons cornstarch
- 1 egg white
- 2 egg whites
- 2 eggs
- 1 cup granola cereal low-fat (without raisins)
- 2 tablespoons juice of lemon
- 1 teaspoon lemon rind grated
- 0.8 cup cup heavy whipping cream sour low-fat
- 1 tablespoon butter melted

- 8 ounce neufchâtel cheese
- 1 cup nonfat cream sour
- 10 ounce raspberries in syrup light frozen thawed
- 0.3 teaspoon salt
- 0.8 cup sugar
- 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1.5 teaspoons vanilla extract
- 32 ounce carton vanilla yogurt low-fat

## Equipment

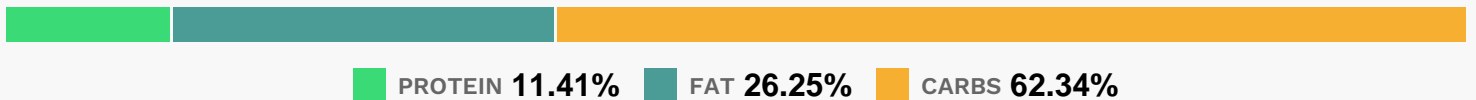
- bowl
- frying pan
- oven
- wire rack
- blender
- plastic wrap
- springform pan
- colander
- cheesecloth

## Directions

- Place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over edge of bowl. Spoon the yogurt into colander. Cover loosely with plastic wrap, and refrigerate for 12 hours. Spoon yogurt cheese into a large bowl, and set aside; discard liquid.
- Coat bottom of 9-inch springform pan with cooking spray.
- Combine granola and margarine; stir well. Press mixture into bottom of pan.
- Bake at 325 for 20 minutes, and let cool on a wire rack.

- Add nonfat sour cream and next 4 ingredients (sour cream through Neufchâtel cheese) to the yogurt cheese, and beat at medium speed of a mixer until smooth.
- Add the grated lemon rind, lemon juice, 1 1/2 teaspoons of vanilla, 2 eggs, and 2 egg whites, and beat well. Spoon the cheese mixture into prepared pan.
- Bake at 325 for 1 hour; remove from oven.
- Combine low-fat sour cream, 1 tablespoon sugar, 1 teaspoon vanilla, and 1 egg white; stir well.
- Spread sour cream mixture evenly over cheesecake, and return to oven; bake an additional 15 minutes. Turn off oven, and let cheesecake stand in closed oven for 1 hour.
- Remove cheesecake from oven; cover and chill at least 8 hours.
- Serve with raspberries.

## Nutrition Facts



### Properties

Glycemic Index:13.93, Glycemic Load:9.61, Inflammation Score:-3, Nutrition Score:7.6565218075462%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 340.58kcal (17.03%), Fat: 10.31g (15.86%), Saturated Fat: 4.63g (28.92%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 54.51g (19.82%), Sugar: 41.01g (45.56%), Cholesterol: 51.8mg (17.27%), Sodium: 254.84mg (11.08%), Alcohol: 0.29g (100%), Alcohol %: 0.18% (100%), Protein: 10.08g (20.16%), Calcium: 225.76mg (22.58%), Phosphorus: 202.89mg (20.29%), Vitamin B2: 0.32mg (18.6%), Selenium: 11.38µg (16.26%), Manganese: 0.28mg (14.22%), Vitamin B12: 0.66µg (10.93%), Potassium: 316.19mg (9.03%), Zinc: 1.26mg (8.37%), Vitamin A: 369.04IU (7.38%), Magnesium: 28.67mg (7.17%), Vitamin B5: 0.72mg (7.16%), Vitamin B1: 0.09mg (5.67%), Folate: 22.39µg (5.6%), Vitamin E: 0.64mg (4.28%), Iron: 0.69mg (3.81%), Vitamin B6: 0.08mg (3.76%), Copper: 0.06mg (3%), Vitamin C: 1.93mg (2.34%), Fiber: 0.57g (2.29%), Vitamin B3: 0.26mg (1.3%), Vitamin D: 0.18µg (1.17%)