



Low-Fat Orange Dream Cheesecake

READY IN



255 min.

SERVINGS



8

CALORIES



90 kcal

Ingredients

- 1 cup knudsen milkfat cottage cheese 2% low fat
- 8 oz philadelphia cream cheese fat free
- 2 cups cool whip free whipped topping thawed
- 1 graham cracker crushed
- 0.3 oz jell-o orange flavor gelatin sugar free
- 0.7 cup water boiling

Equipment

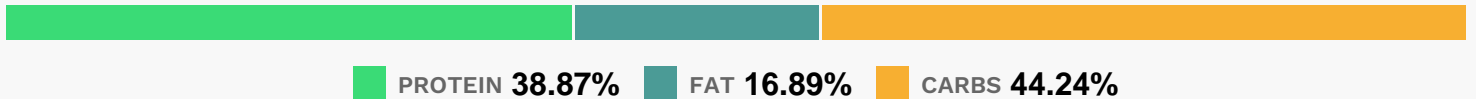
- bowl
- frying pan

- knife
- whisk
- blender
- springform pan

Directions

- Sprinkle crumbs onto bottom of 8- or 9-inch springform pan sprayed with cooking spray.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Cool 5 min.; pour into blender.
- Add cottage cheese and cream cheese; blend well.
- Pour into large bowl.
- Whisk in COOL WHIP.
- Pour into prepared pan; smooth top.
- Refrigerate 4 hours or until firm. When ready to serve, run knife around rim of pan to loosen cake; remove rim.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.94, Inflammation Score:-1, Nutrition Score:4.2104347302862%

Nutrients (% of daily need)

Calories: 89.51kcal (4.48%), Fat: 1.68g (2.59%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 9.79g (3.56%), Sugar: 6.64g (7.38%), Cholesterol: 7.53mg (2.51%), Sodium: 344.68mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Phosphorus: 203.91mg (20.39%), Vitamin B2: 0.24mg (14.26%), Calcium: 139mg (13.9%), Vitamin B12: 0.72µg (12.08%), Selenium: 4.57µg (6.52%), Folate: 17.34µg (4.33%), Zinc: 0.63mg (4.18%), Potassium: 126.53mg (3.62%), Vitamin B1: 0.05mg (3.27%), Vitamin B5: 0.3mg (2.99%), Vitamin B6: 0.06mg (2.91%), Magnesium: 10.4mg (2.6%), Copper: 0.03mg (1.33%), Vitamin A: 59.42IU (1.19%), Vitamin B3: 0.24mg (1.18%)