



Luscious Lemon Cheesecake

 Vegetarian

READY IN



85 min.

SERVINGS



20

CALORIES



448 kcal

DESSERT

Ingredients

- 0.5 cup butter cold
- 0.5 cup powdered sugar
- 40 ounces cream cheese softened
- 2 egg yolk lightly beaten
- 5 eggs lightly beaten
- 3 tablespoons flour all-purpose
- 2.7 cups graham cracker crumbs
- 0.3 cup cup heavy whipping cream

- 1.5 teaspoons lemon zest grated
- 20 servings strawberries fresh unsweetened frozen thawed
- 1.8 cups sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- baking pan
- aluminum foil
- springform pan

Directions

- In a small bowl, combine the cracker crumbs, confectioners' sugar and lemon peel; cut in butter until crumbly. Set aside 3/4 cup mixture for topping. Press remaining crumbs onto the bottom and 1 in. up the sides of a 10-in. springform pan.
- For filling, in a large bowl, beat the cream cheese, sugar, flour, lemon peel and vanilla until blended.
- Add the eggs, yolks and cream; beat on low speed just until combined.
- Pour into crust; sprinkle with reserved crumbs.
- Place pan on a double thickness of heavy-duty foil (about 18 in. square). Securely wrap foil around pan.
- Place pan in a large baking pan; add 1 in. of hot water to larger pan.
- Bake at 325° for 65–75 minutes or until center is just set and top appears dull.
- Remove springform pan from water bath. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer.
- Refrigerate overnight.

- Remove sides of pan.
- Garnish with strawberries if desired. Refrigerate leftovers.

Nutrition Facts

PROTEIN 6.22%

FAT 55.33%

CARBS 38.45%

Properties

Glycemic Index:16.8, Glycemic Load:22.99, Inflammation Score:-7, Nutrition Score:13.681739112605%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 448.13kcal (22.41%), Fat: 28.32g (43.57%), Saturated Fat: 15.77g (98.55%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 40.98g (14.9%), Sugar: 32.32g (35.92%), Cholesterol: 133.19mg (44.4%), Sodium: 307.35mg (13.36%), Alcohol: 0.07g (100%), Alcohol %: 0.03% (100%), Protein: 7.16g (14.32%), Vitamin C: 84.88mg (102.89%), Manganese: 0.58mg (28.76%), Vitamin A: 1049.73IU (20.99%), Vitamin B2: 0.27mg (15.65%), Phosphorus: 150.98mg (15.1%), Selenium: 10.49µg (14.98%), Folate: 54.98µg (13.75%), Fiber: 3.31g (13.23%), Calcium: 99.29mg (9.93%), Potassium: 338.47mg (9.67%), Vitamin E: 1.23mg (8.18%), Magnesium: 32.46mg (8.11%), Iron: 1.43mg (7.92%), Vitamin B5: 0.74mg (7.45%), Vitamin B6: 0.14mg (6.88%), Zinc: 0.91mg (6.06%), Vitamin B1: 0.09mg (6.04%), Vitamin B3: 1.11mg (5.56%), Copper: 0.1mg (4.78%), Vitamin K: 4.9µg (4.67%), Vitamin B12: 0.27µg (4.54%), Vitamin D: 0.36µg (2.43%)