



Mexican Cheesecake

READY IN



560 min.

SERVINGS



20

CALORIES



195 kcal

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 3 tablespoons butter softened
- ☐ 1 egg yolk
- ☐ 16 ounces cream cheese softened
- ☐ 1 oz taco seasoning
- ☐ 3 eggs
- ☐ 8 ounces cheddar cheese shredded
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 1 cup cream sour
- ☐ 1 serving round buttery crackers

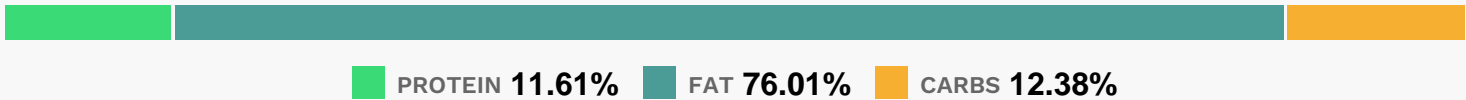
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ springform pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 400°F. Lightly grease springform pan, 9x3 inches.
- ☐ Mix flour, butter and egg yolk. Press mixture evenly on bottom of pan.
- ☐ Bake about 15 minutes or until golden brown; cool.
- ☐ Reduce oven temperature to 350°F .
- ☐ Mix cream cheese and seasoning mix in large bowl. Stir in eggs, one at a time, mixing well after each addition. Stir in Cheddar cheese and chiles.
- ☐ Pour over crust.
- ☐ Bake about 40 minutes or until center is set. Immediately spread with sour cream.
- ☐ Bake 5 minutes. Cool slightly. Cover and refrigerate at least 8 hours.
- ☐ Remove side of pan.
- ☐ Cut cheesecake into wedges.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:6.45, Glycemic Load:2.14, Inflammation Score:-5, Nutrition Score:4.6773913062137%

Nutrients (% of daily need)

Calories: 195.02kcal (9.75%), Fat: 16.68g (25.66%), Saturated Fat: 8.61g (53.83%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.65g (2.05%), Sugar: 1.65g (1.83%), Cholesterol: 75.3mg (25.1%), Sodium: 322.54mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Vitamin A: 753.71IU (15.07%), Selenium: 9.23µg (13.18%), Calcium: 123.02mg (12.3%), Phosphorus: 108.19mg (10.82%), Vitamin B2: 0.18mg (10.38%), Folate: 18.91µg (4.73%), Zinc: 0.71mg (4.7%), Vitamin B12: 0.27µg (4.54%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.51mg (3.41%), Vitamin C: 2.68mg (3.25%), Iron: 0.54mg (3.02%), Vitamin B1: 0.04mg (2.92%), Vitamin B6: 0.05mg (2.42%), Potassium: 74.72mg (2.13%), Magnesium: 8.22mg (2.05%), Fiber: 0.47g (1.86%), Vitamin D: 0.25µg (1.66%), Manganese: 0.03mg (1.64%), Vitamin B3: 0.3mg (1.51%), Vitamin K: 1.36µg (1.29%), Copper: 0.02mg (1.04%)