



New York Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



314 kcal

DESSERT

Ingredients

- 2 tablespoons butter chilled cut into small pieces
- 5 large eggs
- 4 cups nonfat cottage cheese fat-free
- 0.3 cup flour all-purpose
- 0.7 cup flour all-purpose
- 1 tablespoon water
- 1 tablespoon lemon zest grated
- 0.3 teaspoon salt

- 0.5 cup cream fat-free sour
- 2 cups sugar
- 3 tablespoons sugar
- 1 tablespoon vanilla extract
- 16 ounce cream cheese softened

Equipment

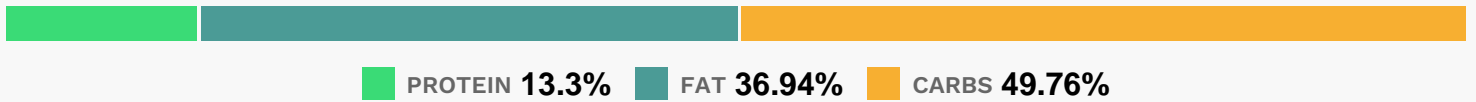
- food processor
- bowl
- oven
- knife
- wire rack
- sieve
- blender
- springform pan
- measuring cup
- cheesecloth

Directions

- Preheat oven to 40
- To prepare crust, lightly spoon 2/3 cup flour into a dry measuring cup; level with a knife.
- Place 2/3 cup flour and 3 tablespoons sugar in a food processor; pulse 2 times or until combined.
- Add butter; pulse 6 times or until mixture resembles coarse meal. With processor on, slowly pour ice water through food chute, processing just until blended (do not allow dough to form a ball).
- Firmly press mixture into bottom of a 9 x 3-inch springform pan coated with cooking spray.
- Bake at 400 for 10 minutes or until lightly browned; cool on a wire rack.
- Reduce oven temperature to 32

- To prepare filling, strain the cottage cheese through a cheesecloth-lined sieve for 10 minutes; discard liquid.
- Place cottage cheese in food processor; process until smooth.
- Place 2 cups sugar and cream cheese in a large bowl; beat with a mixer at medium speed until smooth. Lightly spoon 1/4 cup flour into a dry measuring cup; level with a knife.
- Add 1/4 cup flour, sour cream, and remaining ingredients to cream cheese mixture; beat well.
- Add cottage cheese, stirring until well blended.
- Pour mixture into prepared crust.
- Bake at 325 for 1 hour and 30 minutes or until almost set. Turn oven off. Cool cheesecake in closed oven 1 hour.
- Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.
- Note: You can also make the cheesecake in a 10 x 2 1/2-inch springform pan.
- Bake at 300 for 1 hour and 30 minutes or until almost set. Turn oven off. Cool cheesecake in closed oven 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.95, Glycemic Load:23.4, Inflammation Score:-4, Nutrition Score:6.2134783371635%

Nutrients (% of daily need)

Calories: 313.61kcal (15.68%), Fat: 12.98g (19.97%), Saturated Fat: 7.22g (45.14%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 39.1g (14.22%), Sugar: 29.53g (32.81%), Cholesterol: 95.12mg (31.71%), Sodium: 379.67mg (16.51%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Protein: 10.52g (21.03%), Selenium: 15.54µg (22.2%), Vitamin B2: 0.32mg (18.66%), Phosphorus: 183.7mg (18.37%), Vitamin A: 531.88IU (10.64%), Calcium: 96.23mg (9.62%), Vitamin B12: 0.49µg (8.1%), Folate: 28.98µg (7.24%), Vitamin B5: 0.69mg (6.88%), Vitamin B1: 0.09mg (5.68%), Zinc: 0.7mg (4.67%), Potassium: 156.1mg (4.46%), Iron: 0.74mg (4.11%), Manganese: 0.07mg (3.59%), Magnesium: 13.13mg (3.28%), Vitamin E: 0.46mg (3.06%), Vitamin B6: 0.06mg (2.85%), Vitamin B3: 0.55mg (2.76%), Copper: 0.05mg (2.39%), Vitamin D: 0.31µg (2.08%)