

New York Cheesecake

Vegetarian







DESSERT

pieces

Ingredients

0.3 teaspoon salt

2 tablespoons butter chilled cut into smal
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

	0.5 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		
	40.00/ - 40.00/	
	PROTEIN 13.3% FAT 36.94% CARRS 49.76%	

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%)