



New York Cheesecake (lighter)

READY IN



845 min.

SERVINGS



16

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 0.8 cup graham cracker crumbs
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons sugar
- ☐ 40 ounces cream cheese softened reduced-fat (Neufchâtel)
- ☐ 1.8 cups sugar
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon orange zest grated
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 teaspoon salt

- ☐ 1.3 cups eggs fat-free
- ☐ 2 egg yolk
- ☐ 1 serving fruit fresh

Equipment

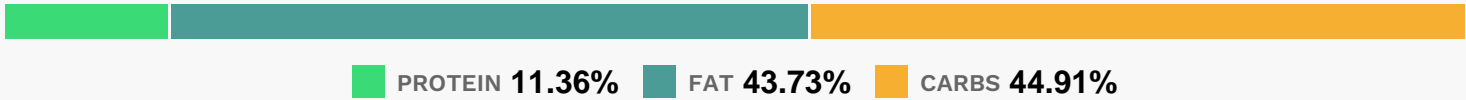
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 425°F. Lightly grease side only of 9-inch springform pan with shortening.
- ☐ In small bowl, mix graham cracker crumbs, margarine and 2 tablespoons sugar; press evenly on bottom of pan.
- ☐ In large bowl, beat cream cheese, 1 3/4 cups sugar, the flour, orange peel, lemon peel and salt with electric mixer on medium speed about 1 minute or until smooth. Beat in egg product and egg yolks, beating on low speed until well blended.
- ☐ Pour over graham cracker mixture.
- ☐ Bake 15 minutes.
- ☐ Reduce oven temperature to 200°F.
- ☐ Bake 1 hour longer. Cheesecake may not appear to be done, but if a small area in the center seems soft, it will become firm as cheesecake cools. (Do not insert a knife to test for doneness because the hole could cause cheesecake to crack.) Turn off oven; leave cheesecake in oven 30 minutes longer.
- ☐ Remove from oven and cool in pan on wire rack away from drafts 30 minutes.

- ☐
- Without releasing or removing side of pan, run metal spatula along side of cheesecake to loosen. Refrigerate uncovered about 3 hours or until chilled; cover and continue refrigerating at least 9 hours but no longer than 48 hours.
- ☐
- Run metal spatula along side of cheesecake to loosen again.
- ☐
- Remove side of pan; leave cheesecake on pan bottom to serve.
- ☐
- Serve with berries, if desired. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.07, Glycemic Load:19.52, Inflammation Score:-4, Nutrition Score:6.4913042835567%

Nutrients (% of daily need)

Calories: 307.99kcal (15.4%), Fat: 15.15g (23.31%), Saturated Fat: 7.62g (47.6%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 34.62g (12.59%), Sugar: 29.3g (32.55%), Cholesterol: 133.19mg (44.4%), Sodium: 361.94mg (15.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Phosphorus: 165.57mg (16.56%), Selenium: 10.73µg (15.33%), Vitamin B2: 0.26mg (15.08%), Vitamin B12: 0.87µg (14.44%), Calcium: 124.09mg (12.41%), Vitamin A: 612.91IU (12.26%), Vitamin B5: 0.97mg (9.73%), Folate: 31.39µg (7.85%), Potassium: 221.96mg (6.34%), Zinc: 0.8mg (5.34%), Vitamin D: 0.71µg (4.76%), Iron: 0.81mg (4.49%), Vitamin B1: 0.07mg (4.4%), Vitamin B6: 0.08mg (3.97%), Vitamin E: 0.51mg (3.37%), Magnesium: 11.38mg (2.84%), Copper: 0.05mg (2.5%), Vitamin B3: 0.4mg (2.01%), Fiber: 0.38g (1.54%), Manganese: 0.03mg (1.53%), Vitamin C: 1.16mg (1.41%), Vitamin K: 1.2µg (1.14%)