



No-Bake Green Tea Tofu Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

Ingredients

- 8 servings add carrot and onion to bacon fat . cook
- 100 g marie biscuits crushed
- 80 g butter melted
- 8 servings biscuits melted prepared crushed for later use.
- 300 g spicy tofu pressed (momen tofu)
- 15 g gelatin powder
- 70 g water
- 2 tsp matcha tea powder green with 5 tbsp hot water
- 250 g cream cheese room temperature ()
- 200 g yogurt

- 60 g milk (reduced sugar)
- 100 g powdered sugar
- 0.5 tsp vanilla extract

Equipment

- food processor
- bowl
- frying pan
- knife
- double boiler
- cheesecloth
- chopsticks

Directions

- Wrap tofu in cheesecloth and press out water from tofu by placing a heavy object on top for about 15 mins.
- Soak gelatine powder in water and leave aside for about 5 minutes.
- Mix green tea powder with 5 tbsp hot water. Set aside.
- In a food processor, blend cream cheese, tofu, yogurt, soya milk, icing sugar and vanilla till very smooth.
- Heat gelatine powder mixture in a double boiler till melted and add to cream cheese mixture and blend well.
- Pour 3/4 cream cheese mixture into one bowl and 1/4 to another.
- Mix green tea mixture to 1/4 plain filling, mix well.
- Spoon plain and green tea cream cheese filling alternately into pan, till all the mixtures are used up and gently shake the pan a little.
- To make swirls, gently run a chopstick in circular motion.
- Chill cake in refrigerator for at least 4 hours or overnight.
- For perfect slices, cut cheesecake with a hot knife.

Nutrition Facts

PROTEIN 10.47% FAT 59.87% CARBS 29.66%

Properties

Glycemic Index:26.75, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:4.974347826087%

Taste

Sweetness: 84.35%, Saltiness: 42.25%, Sourness: 86.42%, Bitterness: 30.85%, Savoriness: 12.16%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 357.36kcal (17.87%), Fat: 24.05g (37%), Saturated Fat: 12.92g (80.77%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 26.08g (9.48%), Sugar: 18.21g (20.24%), Cholesterol: 58.17mg (19.39%), Sodium: 258.08mg (11.22%), Protein: 9.46g (18.92%), Vitamin A: 756.76IU (15.14%), Calcium: 130.63mg (13.06%), Vitamin B2: 0.17mg (10.04%), Phosphorus: 95.33mg (9.53%), Selenium: 5.27µg (7.53%), Iron: 1.21mg (6.74%), Manganese: 0.11mg (5.61%), Vitamin E: 0.73mg (4.85%), Folate: 17.5µg (4.38%), Vitamin B5: 0.39mg (3.87%), Vitamin B1: 0.06mg (3.8%), Vitamin B12: 0.22µg (3.67%), Copper: 0.07mg (3.65%), Potassium: 118.08mg (3.37%), Vitamin B3: 0.65mg (3.25%), Zinc: 0.47mg (3.16%), Magnesium: 12.61mg (3.15%), Vitamin K: 3.26µg (3.1%), Fiber: 0.74g (2.95%), Vitamin B6: 0.05mg (2.53%)