



No Bake Sugar Free Cheese Cake

READY IN



15 min.

SERVINGS



8

CALORIES



269 kcal

Ingredients

- ☐ 0.5 cup butter
- ☐ 1.8 cups graham cracker crumbs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.6 ounce jell-o lemon flavored sugar free
- ☐ 8 ounce cream cheese
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup water boiling
- ☐ 1 cup non-dairy whipped topping light frozen thawed

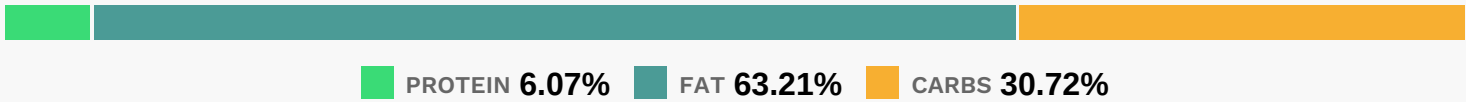
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, combine graham cracker crumbs, butter and cinnamon.
- ☐ Mix well and press into the bottom of a 9 inch square pan.
- ☐ Bake in preheated oven for 8 to 10 minutes.
- ☐ Remove from oven and allow to cool.
- ☐ Dissolve lemon gelatin in boiling water.
- ☐ Let cool until thickened, but not set. In a large bowl, beat cream cheese and vanilla until smooth. Blend in lemon gelatin. Fold in whipped topping.
- ☐ Pour filling into crust.
- ☐ Sprinkle top with graham cracker crumbs. Refrigerate over night.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:9.9, Inflammation Score:-3, Nutrition Score:3.5569565326137%

Nutrients (% of daily need)

Calories: 268.91kcal (13.45%), Fat: 18.91g (29.09%), Saturated Fat: 11.22g (70.12%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 19.99g (7.27%), Sugar: 10.06g (11.17%), Cholesterol: 46mg (15.33%), Sodium: 332.33mg (14.45%), Alcohol: 0.34g (100%), Alcohol %: 0.42% (100%), Protein: 4.08g (8.17%), Vitamin A: 518.34IU (10.37%), Phosphorus: 93.69mg (9.37%), Calcium: 68.85mg (6.88%), Vitamin B2: 0.11mg (6.57%), Vitamin B12: 0.3µg (5.06%), Iron: 0.83mg (4.63%), Vitamin B3: 0.75mg (3.76%), Vitamin B1: 0.06mg (3.73%), Zinc: 0.55mg (3.65%), Magnesium: 14.58mg (3.65%), Folate: 14.62µg (3.65%), Potassium: 117.59mg (3.36%), Vitamin E: 0.46mg (3.04%), Fiber: 0.69g (2.76%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.65µg (2.35%), Vitamin B6: 0.03mg (1.7%), Vitamin K: 1.64µg (1.57%), Manganese: 0.03mg (1.37%), Copper: 0.02mg (1.2%)