



Orange Cheesecakes

READY IN



45 min.

SERVINGS



20

CALORIES



18 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons egg substitute frozen thawed
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.3 cup graham cracker crumbs
- ☐ 2 teaspoons butter melted
- ☐ 2 tablespoons orange juice unsweetened
- ☐ 2 tablespoons part-skim ricotta cheese
- ☐ 2 tablespoons nonfat yogurt plain
- ☐ 2 tablespoons powdered sugar
- ☐ 2 teaspoons sugar

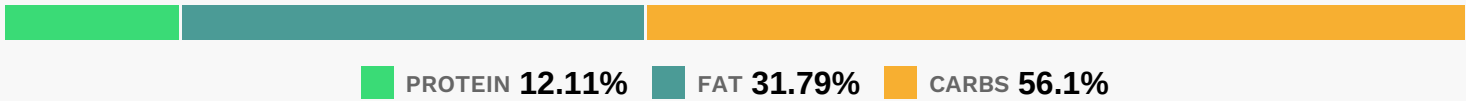
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Coat 2 (4-inch) tartlet pans with cooking spray.
- ☐ Combine graham cracker crumbs, 2 teaspoons sugar, and margarine; press evenly onto bottoms and up sides of tartlet pans.
- ☐ Combine powdered sugar and next 5 ingredients in a small bowl; beat at medium speed of an electric mixer until smooth.
- ☐ Pour mixture evenly into prepared crusts.
- ☐ Bake at 350 for 20 minutes or until set. Turn off oven, and leave cheesecakes in oven 30 minutes.
- ☐ Remove from oven; let cool to room temperature on a wire rack. Cover and chill at least 3 hours.
- ☐ Garnish with orange slices, if desired.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:0.49130434202759%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 17.76kcal (0.89%), Fat: 0.63g (0.97%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.76g (1.95%), Cholesterol: 0.5mg (0.17%), Sodium: 18.25mg (0.79%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Selenium: 1.02µg (1.46%), Vitamin C: 0.88mg (1.06%), Calcium: 10.36mg (1.04%), Vitamin B2: 0.02mg (1.03%)