



Orange Dream PHILLY Cheesecake

READY IN



255 min.

SERVINGS



12

CALORIES



97 kcal

Ingredients

- ☐ 250 g philadelphia cream cheese spread light
- ☐ 1 cup curd cottage cheese fat-free
- ☐ 0.3 cup honey maid graham crumbs
- ☐ 10.2 g jell-o orange jelly powder light
- ☐ 0.7 cup water boiling
- ☐ 1.3 cups cool whip whipped topping light thawed

Equipment

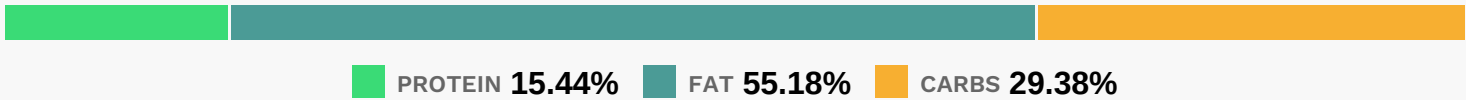
- ☐ bowl
- ☐ frying pan

- ☐ blender
- ☐ springform pan

Directions

- ☐ Sprinkle crumbs onto bottom of 8- or 9-inch springform pan sprayed with cooking spray.
- ☐ Add boiling water to jelly mix; stir 2 min. until completely dissolved. Cool 5 min.; pour into blender.
- ☐ Add cottage cheese and cream cheese spread; blend well.
- ☐ Pour into large bowl. Gently stir in Cool Whip.
- ☐ Pour into prepared pan; smooth top.
- ☐ Refrigerate 4 hours or until set.
- ☐ Remove rim of pan before serving. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:1.3265217445467%

Nutrients (% of daily need)

Calories: 97.03kcal (4.85%), Fat: 5.89g (9.07%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.98g (2.54%), Sugar: 4.23g (4.7%), Cholesterol: 14.4mg (4.8%), Sodium: 192.72mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Calcium: 49.38mg (4.94%), Phosphorus: 47.86mg (4.79%), Vitamin A: 205.59IU (4.11%), Vitamin B2: 0.06mg (3.29%), Selenium: 2.03µg (2.9%), Vitamin B12: 0.1µg (1.72%), Potassium: 38.41mg (1.1%), Magnesium: 4.18mg (1.05%)