



PHILADELPHIA 3-Step Cheesecake

 Popular

READY IN



260 min.

SERVINGS



8

CALORIES



370 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 cup sugar
- 0.5 tsp vanilla

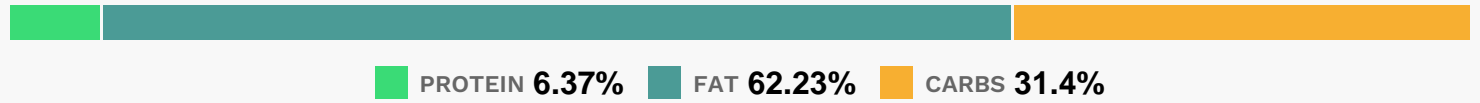
Equipment

- oven
- blender

Directions

- Heat oven to 325F.
- Beat cream cheese, sugar and vanilla with mixer until blended.
- Add eggs; beat just until blended.
- Pour into crust.
- Bake 40 min. or until center is almost set. Cool. Refrigerate 3 hours.

Nutrition Facts



Properties

Glycemic Index:12.14, Glycemic Load:9.57, Inflammation Score:-5, Nutrition Score:5.8260868891426%

Nutrients (% of daily need)

Calories: 369.58kcal (18.48%), Fat: 25.86g (39.79%), Saturated Fat: 12.86g (80.38%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 28.96g (10.53%), Sugar: 18.53g (20.59%), Cholesterol: 98.19mg (32.73%), Sodium: 293.95mg (12.78%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 5.96g (11.92%), Vitamin A: 821.08IU (16.42%), Manganese: 0.28mg (14.2%), Vitamin B2: 0.23mg (13.45%), Selenium: 8.88µg (12.69%), Phosphorus: 107.34mg (10.73%), Calcium: 67.48mg (6.75%), Vitamin E: 1mg (6.64%), Folate: 24.09µg (6.02%), Vitamin K: 5.86µg (5.58%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.69mg (4.62%), Iron: 0.81mg (4.52%), Vitamin B1: 0.06mg (3.77%), Vitamin B3: 0.75mg (3.73%), Vitamin B12: 0.22µg (3.71%), Vitamin B6: 0.07mg (3.33%), Copper: 0.07mg (3.33%), Potassium: 114.69mg (3.28%), Magnesium: 11.34mg (2.84%), Fiber: 0.4g (1.62%), Vitamin D: 0.22µg (1.47%)