



PHILADELPHIA 3-STEP Key Lime Cheesecake

READY IN



190 min.

SERVINGS



8

CALORIES



392 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 2 Tbsp juice of lime
- 1 tsp lime zest
- 0.5 cup sugar
- 0.5 tsp vanilla
- 1 cup cool whip whipped topping thawed

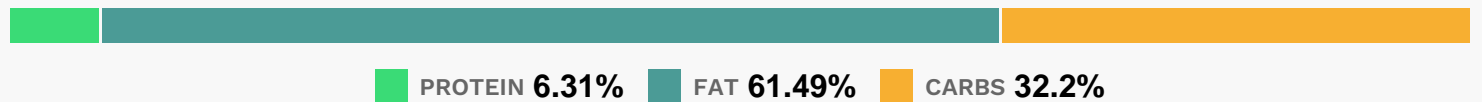
Equipment

- oven
- blender

Directions

- Heat oven to 350F.
- Beat first 5 ingredients with mixer until blended.
- Add eggs; mix just until blended.
- Pour into crust.
- Bake 40 min. or until center is almost set. Cool. Refrigerate 3 hours. Top with COOL WHIP just before serving.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:9.58, Inflammation Score:-5, Nutrition Score:6.1147825821586%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 391.59kcal (19.58%), Fat: 27.09g (41.68%), Saturated Fat: 13.92g (87%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 31.49g (11.45%), Sugar: 20.81g (23.12%), Cholesterol: 98.37mg (32.79%), Sodium: 300.78mg (13.08%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 6.26g (12.51%), Vitamin A: 830.02IU (16.6%), Manganese: 0.28mg (14.24%), Vitamin B2: 0.24mg (13.98%), Selenium: 9.11µg (13.02%), Phosphorus: 114.85mg (11.48%), Calcium: 74.74mg (7.47%), Vitamin E: 1.05mg (7.01%), Folate: 24.77µg (6.19%), Vitamin K: 6.18µg (5.89%), Vitamin B5: 0.53mg (5.35%), Zinc: 0.71mg (4.7%), Iron: 0.83mg (4.6%), Vitamin B12: 0.24µg (4.02%), Vitamin B1: 0.06mg (3.97%), Vitamin B3: 0.76mg (3.8%), Potassium: 128.8mg (3.68%), Vitamin B6: 0.07mg (3.5%), Copper: 0.07mg (3.44%), Magnesium: 12.32mg (3.08%), Fiber: 0.43g (1.7%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.2mg (1.45%)