



PHILADELPHIA 3-STEP Luscious Lemon Cheesecake

READY IN



230 min.

SERVINGS



50

CALORIES



59 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 1 Tbsp juice of lemon fresh
- 0.5 tsp lemon zest
- 0.5 cup sugar
- 0.5 tsp vanilla

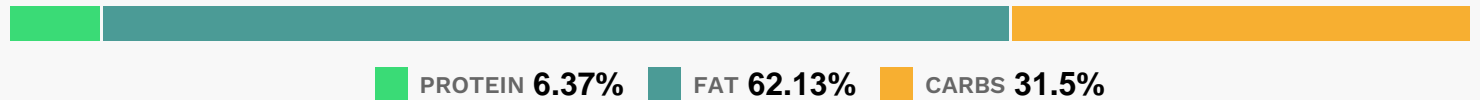
Equipment

- bowl
- oven
- blender

Directions

- Heat oven to 350F.
- Beat first 5 ingredients in large bowl 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 or until firm.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:0.943043495002%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 59.21kcal (2.96%), Fat: 4.14g (6.37%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.65g (1.69%), Sugar: 2.97g (3.3%), Cholesterol: 15.71mg (5.24%), Sodium: 47.04mg (2.05%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Protein: 0.95g (1.91%), Vitamin A: 131.4IU (2.63%), Manganese: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.16%), Selenium: 1.42µg (2.03%), Phosphorus: 17.2mg (1.72%), Calcium: 10.84mg (1.08%), Vitamin E: 0.16mg (1.07%)