



PHILADELPHIA® 3-STEP® Guava Cheesecake

READY IN



230 min.

SERVINGS



50

CALORIES



56 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 cup guava paste cut into small pieces
- 0.3 cup sugar
- 0.5 tsp vanilla

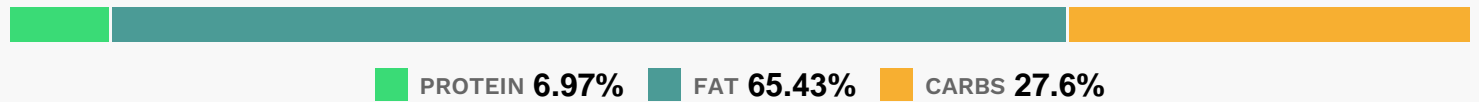
Equipment

- bowl
- oven
- hand mixer

Directions

- Preheat oven to 350F. Beat cream cheese, guava paste, sugar and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add eggs; mix just until blended.
- Pour into crust.
- Bake 40 min. or until center is almost set. Cool. Refrigerate 3 hours or overnight. Store leftover cheesecake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.24, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:1.2152173927297%

Nutrients (% of daily need)

Calories: 56.4kcal (2.82%), Fat: 4.15g (6.39%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.78g (1.38%), Sugar: 2.11g (2.35%), Cholesterol: 15.71mg (5.24%), Sodium: 47.05mg (2.05%), Alcohol: 0.01g (100%), Alcohol %: 0.11% (100%), Protein: 1g (1.99%), Vitamin C: 3.76mg (4.56%), Vitamin A: 141.67IU (2.83%), Manganese: 0.05mg (2.39%), Vitamin B2: 0.04mg (2.18%), Selenium: 1.42µg (2.04%), Phosphorus: 17.83mg (1.78%), Folate: 4.66µg (1.17%), Vitamin E: 0.17mg (1.14%), Calcium: 11.08mg (1.11%)