





PHILADELPHIA® New York Style Carb Counter Cheesecake

 Vegetarian  Gluten Free

READY IN



310 min.

SERVINGS



10

CALORIES



507 kcal

DESSERT

Ingredients

- 1 cup knudsen cream sour
- 16 oz philadelphia cream cheese softened
- 4 eggs
- 0.3 cup granulated sugar substitute
- 0.5 cup ground planters almonds
- 24 oz philadelphia neufchatel cheese softened
- 2 cups raspberries fresh

- 0.5 cup sugar
- 1 Tbsp vanilla

Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- spatula
- springform pan

Directions

- Preheat oven to 325F if using a silver 9-inch springform pan (or to 300F if using a dark nonstick 9-inch springform pan). Spray bottom of pan with cooking spray.
- Sprinkle evenly with almonds.
- Beat Neufchatel, cream cheese, sugar, sugar substitute and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add sour cream; mix well.
- Add eggs, 1 at a time, mixing on low speed after each addition just until blended.
- Pour into prepared pan.
- Bake 50 to 55 minutes or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Top with raspberries just before serving. Store leftover cheesecake in refrigerator. Makes 16 servings

Nutrition Facts

 **PROTEIN 10.28%**  **FAT 70.12%**  **CARBS 19.6%**

Properties

Glycemic Index:22.02, Glycemic Load:12.14, Inflammation Score:-7, Nutrition Score:9.0739130403685%

Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 507.22kcal (25.36%), Fat: 40.22g (61.87%), Saturated Fat: 20.94g (130.87%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 23.13g (8.41%), Sugar: 21.12g (23.46%), Cholesterol: 175.2mg (58.4%), Sodium: 402.31mg (17.49%), Alcohol: 0.45g (100%), Alcohol %: 0.28% (100%), Protein: 13.27g (26.54%), Vitamin A: 1427.63IU (28.55%), Phosphorus: 201.79mg (20.18%), Vitamin B2: 0.34mg (20.12%), Selenium: 12.33µg (17.62%), Calcium: 174.74mg (17.47%), Vitamin B5: 1.08mg (10.76%), Manganese: 0.18mg (9.22%), Fiber: 2.15g (8.61%), Vitamin B12: 0.51µg (8.48%), Zinc: 1.19mg (7.94%), Vitamin C: 6.49mg (7.87%), Vitamin E: 1.14mg (7.62%), Potassium: 254.8mg (7.28%), Folate: 28.3µg (7.07%), Vitamin B6: 0.11mg (5.31%), Magnesium: 20.73mg (5.18%), Iron: 0.85mg (4.72%), Vitamin K: 4.38µg (4.17%), Copper: 0.07mg (3.35%), Vitamin B1: 0.04mg (2.99%), Vitamin D: 0.35µg (2.35%), Vitamin B3: 0.37mg (1.84%)