

PHILLY Lemon Cheesecake

 Vegetarian

READY IN



300 min.

SERVINGS



24

CALORIES



262 kcal

DESSERT

Ingredients

- 6 tablespoons butter melted
- 1000 g cream cheese softened
- 4 eggs
- 2 cups graham cracker crumbs
- 1 lemon zest juiced
- 1 cup cream sour
- 1 cup sugar

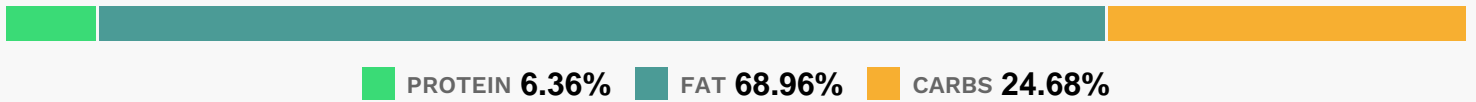
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 325 degrees F.
- Mix graham crumbs and butter. Reserve 1/4 cup crumb mixture; press remaining onto bottom of 13x9-inch pan.
- Beat cream cheese and sugar in large bowl with mixer until well blended.
- Add sour cream, zest and juice; mix well.
- Add eggs, 1 at a time, mixing on low speed after each addition just until blended.
- Pour over crust; sprinkle with reserved crumb mixture.
- Bake 40 minutes or until centre is almost set; cool completely. Refrigerate 4 hours.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:10.21, Inflammation Score:-4, Nutrition Score:3.6160869974157%

Nutrients (% of daily need)

Calories: 262.27kcal (13.11%), Fat: 20.46g (31.47%), Saturated Fat: 11.52g (72.02%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 16.21g (5.89%), Sugar: 11.86g (13.18%), Cholesterol: 82.54mg (27.51%), Sodium: 212.95mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Vitamin A: 746.48IU (14.93%), Vitamin B2: 0.17mg (9.72%), Selenium: 6.28µg (8.97%), Phosphorus: 81.4mg (8.14%), Calcium: 60.99mg (6.1%), Vitamin B5: 0.39mg (3.87%), Vitamin E: 0.55mg (3.69%), Zinc: 0.47mg (3.17%), Vitamin B12: 0.18µg (3.05%), Folate: 11.13µg (2.78%), Iron: 0.48mg (2.65%), Potassium: 90.9mg (2.6%), Magnesium: 9.83mg (2.46%), Vitamin B6: 0.05mg (2.36%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.32mg (1.6%), Vitamin K: 1.29µg (1.22%), Fiber: 0.26g (1.06%)