



The Perfect Cheesecake

READY IN



45 min.

SERVINGS



12

CALORIES



282 kcal

DESSERT

Ingredients

- 8 ounce carton egg substitute
- 0.3 cup flour all-purpose
- 0.5 cup graham cracker crumbs (6 cookie squares)
- 1 tablespoon lemon rind grated
- 0.3 cup cup heavy whipping cream fat-free sour
- 1 cup sugar
- 2 teaspoons vanilla extract
- 32 ounce carton yogurt plain fat-free
- 16 ounce blocks softened

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- plastic wrap
- baking pan
- springform pan
- measuring cup
- colander
- cheesecloth

Directions

- Firmly press crumbs into the bottom and up the sides of a 9-inch springform pan coated with cooking spray.
- Place a colander in a 2-quart glass measure or a medium bowl. Line the colander with four layers of cheesecloth, allowing cheesecloth to extend over outside edges of the bowl. Spoon yogurt into the colander. Cover loosely with plastic wrap, and refrigerate 12 hours. Spoon yogurt cheese into a bowl, and discard the liquid.
- Preheat oven to 35
- Lightly spoon flour into a dry measuring cup, and level with a knife.
- Combine drained yogurt, flour, and the next 5 ingredients (flour through cream cheese) in a large bowl; beat at medium speed of a mixer until blended. Slowly add egg substitute, and beat until combined.
- Pour cheese mixture into prepared crust.
- Place in a large shallow baking pan, and add hot water to pan to a depth of 1 inch.
- Bake at 350 for 1 hour and 10 minutes.
- Remove sides from pan, and cool to room temperature. Cover and chill at least 8 hours.

Nutrition Facts

PROTEIN 13.13% FAT 42.88% CARBS 43.99%

Properties

Glycemic Index:20.51, Glycemic Load:16, Inflammation Score:-4, Nutrition Score:7.7226085896077%

Nutrients (% of daily need)

Calories: 282.23kcal (14.11%), Fat: 13.58g (20.89%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 31.08g (11.3%), Sugar: 25.18g (27.98%), Cholesterol: 40.26mg (13.42%), Sodium: 246.91mg (10.74%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 9.36g (18.71%), Vitamin B2: 0.38mg (22.13%), Selenium: 15.4µg (22%), Calcium: 213.09mg (21.31%), Phosphorus: 189.73mg (18.97%), Vitamin A: 572IU (11.44%), Vitamin B12: 0.63µg (10.46%), Vitamin B5: 1.03mg (10.31%), Potassium: 303.2mg (8.66%), Zinc: 1.24mg (8.24%), Vitamin B1: 0.11mg (7.06%), Folate: 24.23µg (6.06%), Magnesium: 24.22mg (6.06%), Vitamin B6: 0.09mg (4.69%), Iron: 0.8mg (4.46%), Vitamin E: 0.63mg (4.19%), Vitamin B3: 0.5mg (2.51%), Vitamin D: 0.3µg (2.02%), Manganese: 0.04mg (1.75%), Vitamin C: 1.42mg (1.72%), Copper: 0.03mg (1.57%), Fiber: 0.27g (1.06%)