



Vegan Eggnog Cheesecake

READY IN



65 min.

SERVINGS



8

CALORIES



241 kcal

DESSERT

Ingredients

- 2.5 tablespoons brandy
- 1 graham crackers prepared
- 3 tablespoons cornstarch
- 8 ounce cream cheese
- 0.5 cup eggnog (see note)
- 2 tablespoons juice of lemon
- 0.5 teaspoon nutmeg packed freshly ground
- 12.3 ounce silken tofu light firm
- 0.8 cup sugar

0.5 teaspoon vanilla

Equipment

food processor

oven

Directions

Drain the tofu and put it and the Tofutti cream cheese into your food processor. Blend until smooth.

Add the sugar and eggnog, and process again until sugar is dissolved, about 3 minutes.

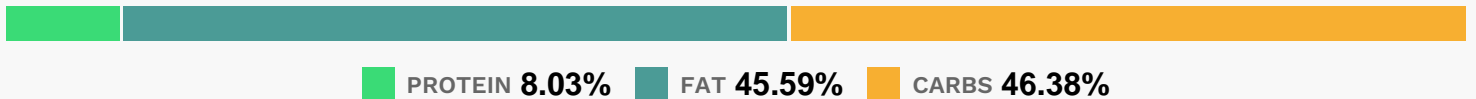
Add the remaining ingredients (except crust) and process until completely smooth, about 3 more minutes.

Pour into the pie crust and bake in the middle of the oven for about 55 minutes (do not allow to brown). Filling will be slightly jiggly, not completely set until chilled.

Remove from oven and allow to cool. Refrigerate until completely chilled (the longer, the better).

Serve sprinkled with additional grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:38.89, Glycemic Load:15.18, Inflammation Score:-3, Nutrition Score:3.2491304252459%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 241.23kcal (12.06%), Fat: 11.89g (18.29%), Saturated Fat: 6.35g (39.72%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 27.04g (9.83%), Sugar: 22.19g (24.66%), Cholesterol: 38mg (12.67%), Sodium: 111.89mg (4.86%), Alcohol: 1.65g (100%), Alcohol %: 1.74% (100%), Protein: 4.71g (9.42%), Vitamin A: 413.79IU (8.28%), Phosphorus: 79.36mg (7.94%), Vitamin B2: 0.12mg (7.15%), Calcium: 63.76mg (6.38%), Copper: 0.1mg (5.19%), Magnesium:

19.81mg (4.95%), Selenium: 3.31µg (4.72%), Potassium: 150.4mg (4.3%), Vitamin B1: 0.06mg (4.08%), Zinc: 0.49mg (3.24%), Iron: 0.53mg (2.92%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.13µg (2.23%), Vitamin C: 1.69mg (2.05%), Vitamin E: 0.28mg (1.89%), Vitamin B6: 0.03mg (1.62%), Vitamin D: 0.19µg (1.27%), Vitamin B3: 0.25mg (1.23%), Folate: 4.36µg (1.09%)