



Vegan Lemon Cheesecake



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 14 ounce silken tofu firm
- ☐ 8 ounce dairy-free cream cheese alternative (Nicole uses Tofutti)
- ☐ 0.7 cup sugar
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons non-gmo cornstarch
- ☐ 1 9-inch dairy-free pie crust gluten-free () (can use a crust, if needed)

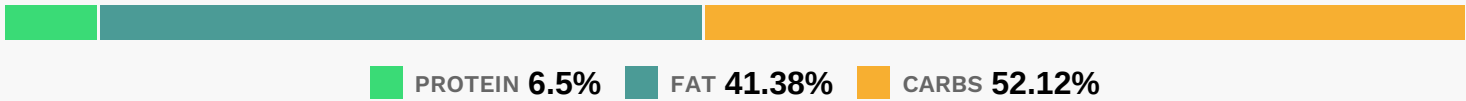
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat your oven to 350°F.
- ☐ Place the silken tofu and dairy-free cream cheese in your food processor, and process for 1 minute.
- ☐ Add the sugar, and process until smooth and no sugar granules remain, about 3 to 5 minutes.
- ☐ In a small bowl, whisk together the lemon juice and almond extract.
- ☐ Whisk in the cornstarch, until dissolved.
- ☐ Pour the mixture into your food processor, and process until very smooth.
- ☐ Scrape the mixture into your prepared crust.
- ☐ Bake the vegan cheesecake for 45 minutes.
- ☐ Allow it to cool at room temperature for 2 hours, and then refrigerate it overnight.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:3.3939130750849%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 306.72kcal (15.34%), Fat: 14g (21.53%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 39.66g (13.22%), Net Carbohydrates: 37.96g (13.8%), Sugar: 17.51g (19.45%), Cholesterol: 0mg (0%), Sodium: 388.67mg (16.9%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.95g (9.89%), Iron: 1.45mg (8.05%), Vitamin B1: 0.12mg (8.01%), Fiber: 1.71g (6.83%), Copper: 0.13mg (6.25%), Manganese: 0.11mg (5.69%), Phosphorus: 49.64mg (4.96%),

Folate: 19.02µg (4.76%), Magnesium: 18.68mg (4.67%), Vitamin B3: 0.83mg (4.16%), Calcium: 41.06mg (4.11%),
Vitamin B2: 0.07mg (3.93%), Vitamin C: 2.95mg (3.58%), Potassium: 122.17mg (3.49%), Zinc: 0.38mg (2.52%),
Selenium: 1.59µg (2.27%), Vitamin K: 1.83µg (1.74%), Vitamin B5: 0.11mg (1.11%), Vitamin B6: 0.02mg (1.08%)