



Vegan Lemon Cheesecake



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 tablespoons cornstarch
- ☐ 1 oz dairy-free cream cheese alternative (Nicole uses Tofutti Better than Cream Cheese)
- ☐ 1 9-inch pie crust gluten-free for (use a crust)
- ☐ 0.3 cup juice of lemon
- ☐ 1 oz silken tofu firm
- ☐ 0.7 cup sugar

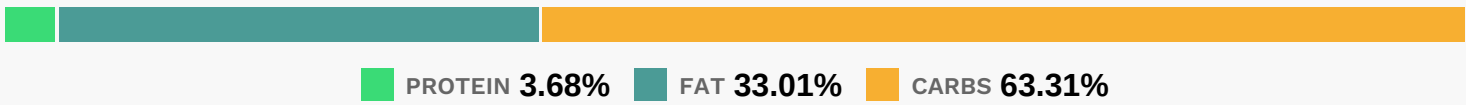
Equipment

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

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place silken tofu and vegan cream cheese in the food processor. Process for 1 minute, then add sugar. Process until smooth and no sugar granules remain, 3–5 minutes.In a small bowl, combine lemon juice and almond extract.
- ☐ Whisk in cornstarch.
- ☐ Pour mixture into the food processor and process until very smooth.
- ☐ Pour into prepared crust and bake for 45 minutes.Allow to cool at room temperature for 2 hours, then refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:2.0556521782571%

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: 201.76kcal (10.09%), Fat: 7.44g (11.45%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 31.33g (11.39%), Sugar: 16.9g (18.78%), Cholesterol: 0mg (0%), Sodium: 138.31mg (6.01%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 1.87g (3.73%), Manganese: 0.11mg (5.69%), Vitamin B1: 0.07mg (4.94%), Folate: 19.02µg (4.76%), Iron: 0.75mg (4.16%), Vitamin C: 2.95mg (3.58%), Vitamin B3: 0.69mg (3.47%), Fiber: 0.79g (3.17%), Vitamin B2: 0.05mg (2.85%), Selenium: 1.59µg (2.27%), Phosphorus: 21.08mg (2.11%), Vitamin K: 1.83µg (1.74%), Copper: 0.03mg (1.48%), Magnesium: 5.33mg (1.33%), Potassium: 39.25mg (1.12%), Vitamin B5: 0.11mg (1.11%)