



Vegan Lemon Mini-”Cheesecakes”

READY IN



90 min.

SERVINGS



12

CALORIES



1156 kcal

DESSERT

Ingredients

- ☐ 690 g nondairy cream cheese at room temperature
- ☐ 20 g ener-g egg replacer (equivalent of 3 eggs)
- ☐ 12 keebler graham cracker pie crusts . the actual name of the product is “ready crust – graham mini (which are conveniently vegan)
- ☐ 200 g granulated sugar
- ☐ 30 ml juice of lemon
- ☐ 5 g lemon zest
- ☐ 12 servings raspberries fresh sliced for topping
- ☐ 0.5 teaspoon vanilla

☐ 90 ml water

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ oven

☐ wire rack

☐ baking pan

☐ hand mixer

☐ aluminum foil

Directions

☐ Preheat oven to 350. In a food processor or using an electric mixer and a large bowl (which is what I use), whip the egg replacer and water together until it's thick and creamy. Beat in the cream cheese until creamy, about 30 seconds. Beat in the sugar, vanilla, lemon juice, and lemon zest.

☐ Place the mini-crusts on one or more shallow baking pans. (Don't remove the crusts from their foil wrappers.) Using a large spoon, pour batter into mini-crusts. I fill it so the top of the batter is higher than the top of the crust, but not so much that the batter is practically flowing over the sides. Use the back of the spoon to smooth out the top a little.

☐ Bake the cheesecake for about 18 minutes, or until the center of the mini-cheesecakes barely jiggle when the pan is tapped or when an individual pie is tapped. Cooking times may vary according to oven. You may want to check after 15 minutes (as I do).

☐ Remove from oven. After a few minutes, transfer the mini-pies to a cooling rack. In the middle of each cheesecake, gently depress a piece of fruit until you feel it is held in securely. A rule of thumb would be that two-thirds of the fruit is showing.

☐ Let the mini-cheesecakes cool completely (45–60 minutes). Chill in the refrigerator for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:13.33, Inflammation Score:-7, Nutrition Score:22.603913068771%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1155.81kcal (57.79%), Fat: 62.39g (95.99%), Saturated Fat: 20.13g (125.8%), Carbohydrates: 138.16g (46.05%), Net Carbohydrates: 130.97g (47.63%), Sugar: 52.32g (58.13%), Cholesterol: 58.08mg (19.36%), Sodium: 984.54mg (42.81%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 12.94g (25.88%), Manganese: 2.6mg (129.88%), Vitamin K: 42.95µg (40.9%), Folate: 128.84µg (32.21%), Vitamin B2: 0.52mg (30.66%), Vitamin B3: 5.89mg (29.45%), Fiber: 7.18g (28.73%), Phosphorus: 278.09mg (27.81%), Vitamin E: 4.17mg (27.78%), Iron: 4.91mg (27.28%), Vitamin B1: 0.35mg (23.07%), Copper: 0.45mg (22.34%), Vitamin C: 17.26mg (20.92%), Zinc: 2.67mg (17.8%), Calcium: 162.86mg (16.29%), Vitamin A: 794.09IU (15.88%), Magnesium: 57.79mg (14.45%), Selenium: 9.59µg (13.7%), Potassium: 362.5mg (10.36%), Vitamin B6: 0.2mg (9.82%), Vitamin B5: 0.83mg (8.33%), Vitamin B12: 0.13µg (2.11%)