



All About ... Low Fat Cheesecake

Serves: 4 pax

INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<p>Filling:</p> <ul style="list-style-type: none"> • 1 block (225g) low fat cream cheese • 40g sugar • 1 egg, lightly beaten • ½ cup low fat yoghurt or sour cream • 1 tbsp lemon juice (approx. ½ a lemon) • Zest of a lemon <p>Crust:</p> <ul style="list-style-type: none"> • 10 pieces wholemeal crackers • 1 tbsp margarine, melted 	Energy (kcal)	261
	Carbohydrate (g)	16.1
	Protein (g)	9
	Fat (g)	17.9
	<ul style="list-style-type: none"> • Saturated Fat (g) 	9.9
	<ul style="list-style-type: none"> • Polyunsaturated Fat (g) 	1.1
	<ul style="list-style-type: none"> • Monounsaturated Fat (g) 	5
	Cholesterol (mg)	99
	Dietary Fibre (g)	0.7
	Sodium (mg)	264
	Potassium (mg)	183
	Phosphate (mg)	162

Methods

1. Preheat oven to 170 °C.
2. To make crust, pulse crackers in a food processor until fine. Mix pulsed crackers, melted margarine and two tablespoon of water. Press mixture firmly to the bottom of a greased 6-inch spring form pan. Bake in oven for 10 minutes.
3. To make filling, beat cream cheese and sugar with an electric mixer until mixture is light and fluffy. Add egg mixture (egg, low fat yoghurt & lemon juice) and lemon zest. Continue to beat until silky. Pour mixture over prepared crust.
4. Wrap spring form pan with aluminium foil and place in a large roasting pan. Pour hot water into the roasting pan until the water is halfway up the side of the spring form pan. Bake for 45 minutes.

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