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## Low-Carb Cheesecake ♦♦

A delicious low-carb cheesecake that is perfect for those following a low-carb diet. It's creamy, rich, and full of flavor.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 60 mins

**Total Time:** 80 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 10

**Serving Size:** 100 g

### Ingredients

200 g	Almond flour
100 g	butter
500 g	cream cheese
4 pieces	Eggs
100 g	granulated sweetener
2 tsp	vanilla extract

2 tbsp    lemon juice

200 g    sour cream

## Directions

### Step 1

#### Preheating

Preheat the oven to 325°F (165°C).

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a medium bowl, combine the almond flour and melted butter. Press the mixture into the bottom of a 9-inch (23 cm) springform pan to form the crust.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

In a large mixing bowl, beat the cream cheese until smooth. Add the eggs, sweetener, vanilla extract, and lemon juice. Mix until well combined.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Fold in the sour cream until incorporated. Pour the mixture over the crust in the springform pan.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Baking

Bake in the preheated oven for 60 minutes, or until the center is set and the top is lightly browned.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Step 6

Refrigerating

Remove from the oven and let cool completely. Refrigerate for at least 4 hours or overnight before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 320 kcal

**Fat:** 30 g

**Protein:** 8 g

**Carbohydrates:** 4 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	22 g	100%	129.41%
Fat	30 g	107.14%	120%
Cholesterol	120 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	12 mcg	21.82%	21.82%

## Recipe Attributes

### Nutritional Content

Low Carb

### Course

Appetizers

Desserts

Sauces & Dressings

### Cost

\$10 to \$20

\$20 to \$30

### Demographics

Senior Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

The Whole30 Diet

Atkins Diet

Low Carb, High Fat (LCHF) Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

### Meal Type

Brunch

Lunch

Dinner

Snack

Supper

### Difficulty Level

Medium

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