



Keto New York Cheesecake (Instant Pot + Oven Methods)

Active Time: 25 minutes | **Total Time:** 2 hours | **Serves:** 12

Nutrition Information Per Serving

252.9 calories, 16.06 g carbohydrate, 1.08 g fiber, 2.98 g NET carbs, 6.79 g protein, 23.94 g fat

Ingredients

- 12 Tbsp(s) Wholesome Sweeteners Organic Zero
- 35 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1 cup blanched almond flour
- 1/4 cup(s) grass-fed butter, melted
- 16 ounce(s) organic whole cream cheese
- 3/4 cup(s) organic whole sour cream
- 3 large(s) pastured eggs
- 1/2 tsp(s) lemon zest
- 1 tsp vanilla extract

Preparation

1. Preheat oven to 325 F. Line the bottom and sides of a 7" cheesecake pan with parchment paper. Bring all ingredients to room temperature.
2. Combine the melted butter and almond flour, mixing well. Press into the lined pan, packing tightly
3. Transfer to preheated oven and bake 10 minutes. Then remove and let cool.
4. Meanwhile, in a large deep bowl add the cream cheese, sour cream, eggs, erythritol, stevia, vanilla and lemon zest. Beat until completely smooth.
5. Scrape batter into parbaked crust. Tap the pan on the counter to remove air bubbles and allow filling to settle.
6. **INSTANT POT METHOD:** Pour 1 cup of water into the base of the Instant Pot. Add the steamer insert. Place the cheesecake on top of the steamer. Close and lock the lid. Set the pressure to HIGH and the time for 26 minutes. Allow the pressure to release naturally (7 minutes). Carefully open the lid, dabbing condensation with a paper towel. Let cheesecake cool with the lid open or transfer to a wire rack on the counter. Chill cheesecake in the refrigerator for at least an hour.
7. **OVEN METHOD:** Prepare a large ramekin with water and place it in the oven. Transfer prepared cheesecake to oven and bake 55-70 minutes. The cheesecake should still be jiggly in the center - it will setup as it cools. Let cool on a wire rack for 30 minutes, then chill in the refrigerator for another hour, preferably overnight.

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