



Almond Cheesecake with Raspberry Sauce

 Vegetarian

READY IN



320 min.

SERVINGS



16

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 16 servings almonds sliced
- ☐ 2 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup graham crackers crushed (8 squares)
- ☐ 16 oz cream cheese softened reduced-fat (Neufchâtel)
- ☐ 2 cups vanilla yogurt low-fat
- ☐ 16 servings raspberries fresh

- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons water

Equipment

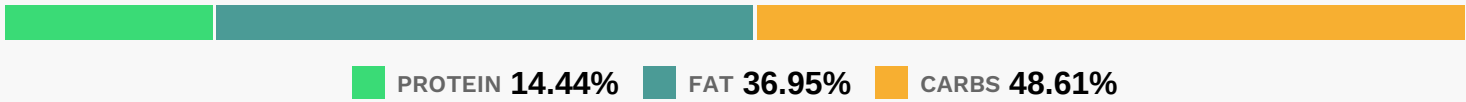
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ sieve
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Heat oven to 300°F. Spray 9-inch springform pan with cooking spray.
- ☐ Sprinkle crushed crackers over bottom of pan.
- ☐ In medium bowl, beat cream cheese with electric mixer on medium speed until smooth.
- ☐ Add 2/3 cup sugar, the eggs and 1/2 teaspoon almond extract. Beat on medium speed about 2 minutes or until smooth.
- ☐ Add yogurt and flour. Beat on low speed until smooth. Carefully spread batter over crackers in pan.
- ☐ Bake 1 hour to 1 hour 10 minutes or until edge is firm and center is slightly jiggly. (Do not insert knife to test for doneness because the hole could cause cheesecake to crack.) Turn off oven; cool in oven 30 minutes with door closed.
- ☐ Remove from oven; cool on cooling rack 30 minutes. Carefully remove side of pan. Cover; refrigerate at least 3 hours.
- ☐ Meanwhile, in food processor, place all sauce ingredients. Cover; process until smooth. Press sauce through strainer to remove seeds.
- ☐ Serve cheesecake with sauce.

Garnish with almonds and fresh raspberries. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.94, Glycemic Load:4.45, Inflammation Score:-4, Nutrition Score:7.6760870373767%

Flavonoids

Cyanidin: 27.49mg, Cyanidin: 27.49mg, Cyanidin: 27.49mg, Cyanidin: 27.49mg 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: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 152.05kcal (7.6%), Fat: 6.43g (9.89%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 14.89g (5.41%), Sugar: 11.49g (12.77%), Cholesterol: 37.3mg (12.43%), Sodium: 149.08mg (6.48%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 5.65g (11.31%), Manganese: 0.44mg (21.87%), Vitamin C: 15.97mg (19.35%), Fiber: 4.15g (16.58%), Phosphorus: 124.23mg (12.42%), Calcium: 117.54mg (11.75%), Vitamin B2: 0.19mg (10.89%), Vitamin B12: 0.47µg (7.87%), Potassium: 248.73mg (7.11%), Vitamin B5: 0.7mg (6.99%), Selenium: 4.82µg (6.88%), Folate: 27.39µg (6.85%), Magnesium: 25.62mg (6.4%), Vitamin E: 0.92mg (6.13%), Zinc: 0.83mg (5.54%), Vitamin K: 5.04µg (4.8%), Vitamin A: 219.17IU (4.38%), Iron: 0.78mg (4.32%), Copper: 0.08mg (4.2%), Vitamin B1: 0.06mg (4.1%), Vitamin B6: 0.07mg (3.67%), Vitamin B3: 0.63mg (3.15%), Vitamin D: 0.19µg (1.3%)