



Amaretto-Ricotta Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

DESSERT

Ingredients

- 7 ounces almond biscotti
- 0.3 cup amaretto (almond-flavored liqueur)
- 1 large eggs
- 1 large egg white
- 2 tablespoons flour all-purpose
- 15 ounce carton part-skim ricotta cheese
- 0.3 cup sugar
- 0.7 cup sugar

Equipment

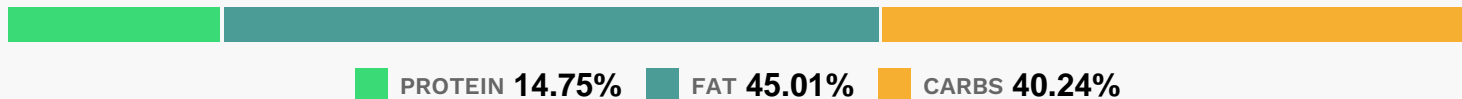
- food processor
- bowl
- frying pan
- paper towels
- oven
- knife
- wire rack
- blender
- aluminum foil
- springform pan

Directions

- Preheat oven to 37
- Place biscotti in a food processor; process until fine crumbs form to yield 1 1/3 cups.
- Add 1/4 cup sugar; process until blended.
- Add 1 egg white, and process until blended. Press crumb mixture into bottom and 1 inch up sides of an 8-inch springform pan.
- Bake at 375 for 15 minutes. Cool slightly in pan on a wire rack. Reduce oven temperature to 35
- Combine ricotta and next 3 ingredients in a large bowl; beat with a mixer at medium speed until smooth.
- Add flour, egg, and 1 egg white, beating just until blended.
- Pour batter into prepared crust. Gently tap on counter to remove air bubbles.
- Bake at 350 for 45 minutes.
- Remove from oven, and carefully run a knife around outside edge of cake. Cool completely in pan on wire rack. Cover and chill overnight.
- Note: Before chilling cheesecake, place a paper towel over pan before covering with foil. This will catch the condensation that forms around the cheesecake while it's in the refrigerator. You may substitute 1/2 teaspoon almond extract plus 1/4 cup water for the amaretto, if

desired.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:11.51, Inflammation Score:-4, Nutrition Score:7.7517391572828%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 230.55kcal (11.53%), Fat: 11.53g (17.74%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 21.1g (7.67%), Sugar: 17.7g (19.66%), Cholesterol: 26.49mg (8.83%), Sodium: 55.51mg (2.41%), Alcohol: 1.28g (100%), Alcohol %: 2.02% (100%), Protein: 8.5g (17%), Vitamin E: 4.3mg (28.69%), Manganese: 0.39mg (19.64%), Vitamin B2: 0.29mg (17.34%), Phosphorus: 154.7mg (15.47%), Calcium: 143.79mg (14.38%), Magnesium: 51.19mg (12.8%), Selenium: 8.96µg (12.79%), Copper: 0.19mg (9.54%), Fiber: 2.1g (8.4%), Zinc: 1.06mg (7.05%), Potassium: 178.86mg (5.11%), Iron: 0.91mg (5.07%), Folate: 16.24µg (4.06%), Vitamin B3: 0.71mg (3.57%), Vitamin B1: 0.05mg (3.54%), Vitamin A: 158.74IU (3.17%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.14µg (2.37%), Vitamin B6: 0.04mg (1.88%)