



Baby Swiss Appetizer Cheesecake

READY IN



70 min.

SERVINGS



24

CALORIES



186 kcal

Ingredients

- 1.5 cups round buttery crackers crushed (36 crackers)
- 3 tablespoons butter melted
- 24 ounces cream cheese softened
- 0.3 cup cup heavy whipping cream
- 1 tablespoon sun-dried olives
- 3 large eggs lightly beaten room temperature
- 6 ounces swiss cheese shredded
- 0.5 cup sun-dried olives dry thinly sliced
- 4 spring onion chopped
- 1 serving round buttery crackers



Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- springform pan

Directions

- Preheat oven to 375°. In a small bowl, mix cracker crumbs and butter. Press onto bottom of a greased 9-in. springform pan.
- Place pan on a baking sheet.
- Bake until golden brown, about 10 minutes. Cool on a wire rack. Reduce oven setting to 325°.
- In a large bowl, beat cream cheese until smooth. Beat in cream and oil.
- Add eggs; beat on low speed just until blended. Fold in cheese, tomatoes and green onions.
- Pour over crust. Return pan to baking sheet.
- Bake until center is almost set, 35–40 minutes. Cool on a wire rack 10 minutes. Loosen sides from pan with a knife. Cool 1 hour longer. Refrigerate overnight, covering when completely cooled.
- Remove rim from pan.
- Serve cheesecake with crackers.

Nutrition Facts

 PROTEIN 11.08%  FAT 75.96%  CARBS 12.96%

Properties

Glycemic Index:8.17, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:4.773478243662%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 185.81kcal (9.29%), Fat: 15.96g (24.56%), Saturated Fat: 8.93g (55.84%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.67g (2.06%), Sugar: 2.51g (2.79%), Cholesterol: 65.04mg (21.68%), Sodium: 164.88mg (7.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.24g (10.48%), Vitamin A: 595.28IU (11.91%), Calcium: 107.12mg (10.71%), Phosphorus: 106.95mg (10.69%), Selenium: 6.93µg (9.91%), Vitamin B2: 0.15mg (8.59%), Vitamin K: 8.34µg (7.94%), Vitamin B12: 0.34µg (5.65%), Potassium: 150.38mg (4.3%), Zinc: 0.62mg (4.16%), Manganese: 0.08mg (3.92%), Vitamin E: 0.58mg (3.87%), Vitamin B5: 0.37mg (3.66%), Iron: 0.61mg (3.37%), Folate: 12.44µg (3.11%), Magnesium: 11.94mg (2.98%), Vitamin B1: 0.04mg (2.95%), Copper: 0.06mg (2.79%), Vitamin B3: 0.49mg (2.45%), Vitamin B6: 0.04mg (2.23%), Fiber: 0.46g (1.84%), Vitamin C: 1.37mg (1.66%), Vitamin D: 0.16µg (1.1%)