



Baked raspberry & lemon cheesecake

 Popular

READY IN



125 min.

SERVINGS



8

CALORIES



657 kcal

DESSERT

Ingredients

- ☐ 200 g graham crackers
- ☐ 75 g butter melted
- ☐ 600 g cheese soft
- ☐ 250 g brown sugar
- ☐ 150 g yogurt
- ☐ 3 medium eggs
- ☐ 1 juice of lemon finely grated
- ☐ 50 g flour plain

- ☐ 200 g raspberries
- ☐ 8 servings powdered sugar

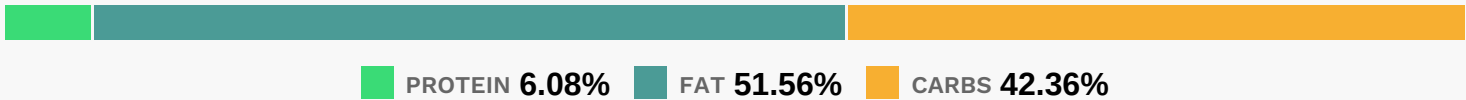
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ rolling pin

Directions

- ☐ Heat oven to 120C/100C fan/gas and line the base of a 20cm round springform tin with greaseproof paper. Crush the biscuits in a food processor or in a food bag using a rolling pin. Tip into a bowl with the melted butter and mix well. Push the biscuits into an even layer into the base of the cake tin and chill until needed.
- ☐ In a separate bowl use an electric whisk to beat the soft cheese with the sugar. Next beat in the yoghurt then the eggs one at a time. Finally beat in the lemon zest, lemon juice and flour. Fold through two thirds of the raspberries crushing them very slightly so they start to bleed into the mix then tip the mix on top of the biscuit base and smooth over the top.
- ☐ Bake for 45 mins to an hour, then turn off the oven, leave the cake inside for another hour then cool at room temperature. Chill overnight. To serve, remove from tin, scatter with remaining raspberries and dust heavily with icing sugar.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:18.56, Inflammation Score:-7, Nutrition Score:10.75130427402%

Flavonoids

Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 657.2kcal (32.86%), Fat: 38.31g (58.95%), Saturated Fat: 21.28g (133.03%), Carbohydrates: 70.83g (23.61%), Net Carbohydrates: 68.18g (24.79%), Sugar: 48.86g (54.29%), Cholesterol: 159.72mg (53.24%), Sodium: 501.91mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.33%), Vitamin A: 1357.67IU (27.15%), Vitamin B2: 0.38mg (22.36%), Selenium: 14.62µg (20.88%), Phosphorus: 199.03mg (19.9%), Calcium: 160.11mg (16.01%), Manganese: 0.24mg (12.23%), Iron: 2.11mg (11.71%), Folate: 45.35µg (11.34%), Fiber: 2.65g (10.62%), Vitamin C: 8.1mg (9.81%), Vitamin B1: 0.14mg (9.65%), Vitamin B5: 0.92mg (9.19%), Zinc: 1.35mg (9.02%), Magnesium: 35.83mg (8.96%), Vitamin E: 1.27mg (8.49%), Potassium: 287.36mg (8.21%), Vitamin B3: 1.6mg (8%), Vitamin B6: 0.13mg (6.62%), Vitamin B12: 0.4µg (6.62%), Copper: 0.08mg (4.1%), Vitamin K: 4.29µg (4.08%), Vitamin D: 0.35µg (2.33%)