



Berry Cheesecake in Chocolate Crust

READY IN



545 min.

SERVINGS



16

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 2 cups chocolate wafer crumbs
- ☐ 0.3 cup butter melted
- ☐ 32 ounces cream cheese softened
- ☐ 0.7 cup sugar
- ☐ 0.5 cup cream sour
- ☐ 1 tablespoon orange zest grated
- ☐ 4 eggs
- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons sugar

☐ 2 cups poached berries

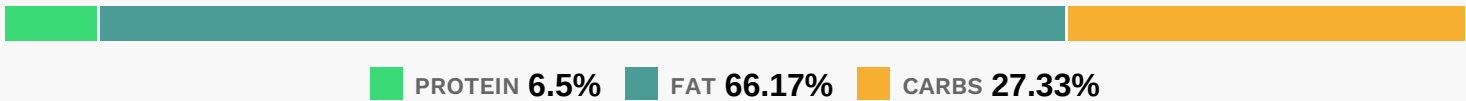
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat oven to 325°F.
- ☐ Mix cookie crumbs and butter. Press on bottom and slightly up side of ungreased springform pan, 9x3 inches, to seal bottom.
- ☐ Place cream cheese, 2/3 cup sugar, 1/2 cup sour cream and the orange peel in food processor. Cover and process until smooth.
- ☐ Add eggs. Cover and process until well blended.
- ☐ Spread over crust.
- ☐ Bake about 1 hour 20 minutes or until center is set. Cool on wire rack 15 minutes. Run metal spatula along side of cheesecake to loosen; remove side of pan. Refrigerate uncovered 3 hours; cover and continue refrigerating at least 4 hours.
- ☐ Mix 1/2 cup sour cream and 2 tablespoons sugar; spread over top of cheesecake. Top with berries.

Nutrition Facts



Properties

Glycemic Index:13.54, Glycemic Load:12.51, Inflammation Score:-6, Nutrition Score:6.1978260900663%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 376.86kcal (18.84%), Fat: 28.34g (43.6%), Saturated Fat: 14.45g (90.29%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 25.3g (9.2%), Sugar: 19.35g (21.5%), Cholesterol: 106.95mg (35.65%), Sodium: 313.06mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin A: 1049.46IU (20.99%), Vitamin B2: 0.25mg (14.87%), Selenium: 9.67µg (13.81%), Phosphorus: 114.88mg (11.49%), Calcium: 83.33mg (8.33%), Manganese: 0.14mg (6.86%), Vitamin E: 0.96mg (6.42%), Vitamin B5: 0.62mg (6.22%), Iron: 0.87mg (4.83%), Folate: 19.22µg (4.8%), Vitamin K: 4.95µg (4.72%), Copper: 0.09mg (4.65%), Vitamin B12: 0.27µg (4.48%), Potassium: 150.34mg (4.3%), Zinc: 0.64mg (4.27%), Fiber: 1.04g (4.16%), Magnesium: 16.44mg (4.11%), Vitamin B6: 0.08mg (3.79%), Vitamin B1: 0.06mg (3.72%), Vitamin B3: 0.58mg (2.89%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.13mg (1.37%)