



Berry shortbread cheesecake slice

READY IN



150 min.

SERVINGS



8

CALORIES



609 kcal

DESSERT

Ingredients

- ☐ 200 g pack shortbread biscuit
- ☐ 50 g butter melted
- ☐ 600 g cheese soft
- ☐ 200 g crème fraîche
- ☐ 1 tsp vanilla extract
- ☐ 175 g golden caster sugar
- ☐ 2 tbsp flour plain
- ☐ 2 eggs
- ☐ 5 tbsp raspberry jam seedless

☐ 300 g summer berries mixed such as raspberries, redcurrants, cherries and blueberries

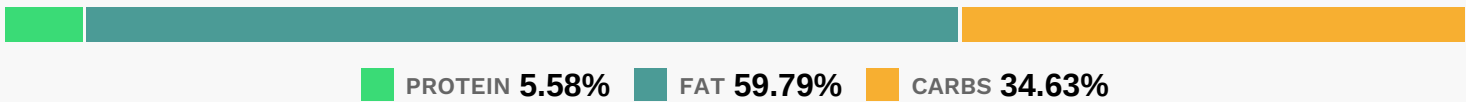
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease and line a 2lb loaf tin with baking parchment. Tip the shortbread into a food processor and blitz into crumbs, or place in a plastic bag and bash with a rolling pin.
- ☐ Add the melted butter and mix well. Press the mix into the base of the tin.
- ☐ Beat the cheese, crme frache, vanilla and sugar until smooth, then mix in the flour and eggs until smooth again you can do this by hand or in a food processor.
- ☐ Pour the mix into the tin and smooth the top with a knife.
- ☐ Bake in the oven for 10 mins, then turn to 120C/100C fan/gas and cook for 1 hr 20 mins or until set with a slight wobble in the centre. Turn off the heat and leave to cool in the oven. Once cool, refrigerate until chilled.
- ☐ To make the topping, melt the jam in a small pan over a low heat with enough water to make a pouring consistency, then allow to cool completely. To serve, top the cake with the berries and drizzle with the jam.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:14.49, Inflammation Score:-7, Nutrition Score:9.9569565938867%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Petunidin: 6.81mg, Petunidin: 6.81mg, Petunidin: 6.81mg, Petunidin: 6.81mg Delphinidin: 8.1mg, Delphinidin: 8.1mg, Delphinidin: 8.1mg, Delphinidin: 8.1mg Malvidin: 18.62mg, Malvidin: 18.62mg, Malvidin: 18.62mg, Malvidin: 18.62mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 609.13kcal (30.46%), Fat: 41.16g (63.32%), Saturated Fat: 21.88g (136.74%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 52.12g (18.95%), Sugar: 35.11g (39.01%), Cholesterol: 145.11mg (48.37%), Sodium: 545.14mg (23.7%), Alcohol: 0.18g (100%), Alcohol %: 0.11% (100%), Protein: 8.64g (17.27%), Vitamin A: 1396.34IU (27.93%), Phosphorus: 239.46mg (23.95%), Selenium: 16.7µg (23.86%), Vitamin B2: 0.37mg (21.94%), Calcium: 141.91mg (14.19%), Vitamin B1: 0.16mg (10.83%), Vitamin E: 1.53mg (10.18%), Manganese: 0.2mg (10.01%), Folate: 38.76µg (9.69%), Vitamin K: 9.6µg (9.14%), Vitamin B5: 0.85mg (8.49%), Iron: 1.49mg (8.28%), Potassium: 264.68mg (7.56%), Vitamin B3: 1.28mg (6.38%), Fiber: 1.53g (6.1%), Vitamin B12: 0.36µg (6.02%), Vitamin B6: 0.12mg (5.87%), Zinc: 0.78mg (5.19%), Magnesium: 19.76mg (4.94%), Copper: 0.08mg (4.25%), Vitamin C: 2.26mg (2.74%), Vitamin D: 0.22µg (1.47%)