



Best Cheesecake on Earth

 Vegetarian

READY IN



190 min.

SERVINGS



10

CALORIES



455 kcal

DESSERT

Ingredients

- ☐ 16 ounces cream cheese
- ☐ 6 eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 1.5 pounds ricotta cheese
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

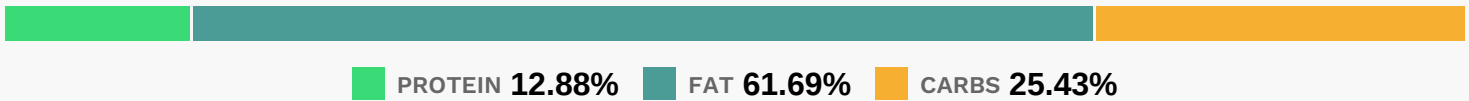
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C.) Wrap the outside bottom of a 10 inch springform pan with foil to prevent water seeping in while baking.
- ☐ Cream together ricotta cheese, cream cheese and sugar until smooth.
- ☐ Mix in the eggs one at a time.
- ☐ Add flour one tablespoon at a time, mixing well. Stir in the sour cream and vanilla.
- ☐ Pour mixture into a 10 inch springform pan.
- ☐ Place cheesecake in a large rectangular pan filled with 2 inches of hot water. Carefully put into preheated oven without spilling water.
- ☐ Bake for 90 minutes.
- ☐ After 90 minutes turn oven off, but leave the cake in the oven for another 60 minutes (do not open door).
- ☐ Cool on counter for 60 minutes and then refrigerate.
- ☐ Serve when thoroughly chilled.

Nutrition Facts



Properties

Glycemic Index:19.91, Glycemic Load:17.68, Inflammation Score:-6, Nutrition Score:9.257826079493%

Nutrients (% of daily need)

Calories: 454.97kcal (22.75%), Fat: 31.52g (48.49%), Saturated Fat: 17.96g (112.27%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 29.11g (10.59%), Sugar: 22.79g (25.33%), Cholesterol: 192.29mg (64.1%), Sodium: 244.52mg (10.63%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 14.8g (29.61%), Selenium: 24.37µg (34.81%), Vitamin B2: 0.42mg (24.86%), Vitamin A: 1197.8IU (23.96%), Phosphorus: 230.67mg (23.07%), Calcium: 223.77mg (22.38%), Vitamin B12: 0.61µg (10.24%), Zinc: 1.47mg (9.78%), Vitamin B5: 0.91mg (9.05%), Folate:

34.27µg (8.57%), Potassium: 202.3mg (5.78%), Iron: 1.01mg (5.59%), Vitamin E: 0.83mg (5.55%), Vitamin B6: 0.11mg (5.55%), Vitamin B1: 0.07mg (4.65%), Magnesium: 18.07mg (4.52%), Vitamin D: 0.66µg (4.43%), Copper: 0.05mg (2.69%), Manganese: 0.05mg (2.57%), Vitamin B3: 0.42mg (2.1%), Vitamin K: 2.14µg (2.04%)