



Blueberry Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 1 cup blueberries wild fresh thawed
- ☐ 2.5 cups blueberries wild fresh thawed
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons cornstarch
- ☐ 8 ounce block softened
- ☐ 5 large eggs
- ☐ 0.7 cup graham cracker crumbs (5 cookie sheets)

- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups cup heavy whipping cream fat-free sour
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup vanilla wafer crumbs reduced-fat (20 cookies)
- ☐ 0.3 cup water

Equipment

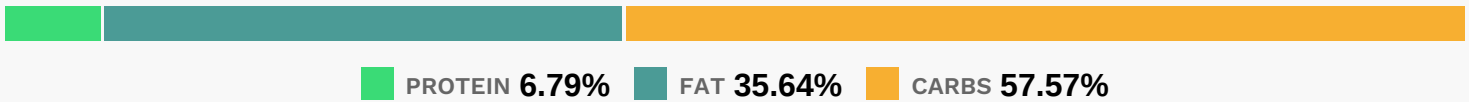
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat oven to 32
- ☐ To prepare crust, combine first 3 ingredients in a medium bowl.
- ☐ Drizzle with butter; toss with a fork until moist. Firmly press mixture into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 325 for 10 minutes; cool on a wire rack.
- ☐ To prepare filling, combine 2 1/2 cups blueberries and 1 tablespoon cornstarch in a food processor, and process until smooth.

- ☐ Place puree in a small saucepan; bring to a boil. Cook 6 minutes or until slightly thick, stirring constantly. Cool slightly. Reserve 1/2 cup blueberry puree for sauce; set remaining 1 cup blueberry puree aside.
- ☐ Place cheeses in a large bowl; beat with a mixer at high speed for 3 minutes or until smooth.
- ☐ Combine 1 cup sugar, 2 tablespoons cornstarch, and salt.
- ☐ Add sugar mixture to cheese mixture; beat well.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Pour batter over prepared crust.
- ☐ Pour 1 cup blueberry puree over batter; gently swirl with a knife.
- ☐ Bake at 325 for 1 hour and 10 minutes or until cheesecake center barely moves when pan is touched.
- ☐ Remove cheesecake from oven (do not turn oven off); place cheesecake on a wire rack.
- ☐ To prepare topping, combine sour cream, 2 tablespoons sugar, and vanilla in a small bowl, stirring well.
- ☐ Spread sour cream mixture evenly over cheesecake.
- ☐ Bake at 325 for 10 minutes.
- ☐ Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.
- ☐ Remove sides of springform pan.
- ☐ To prepare sauce, combine reserved 1/2 cup blueberry puree, 1/4 cup sugar, and water in a small saucepan. Cook over medium heat for 8 minutes or until sauce is thick, stirring constantly. Gently fold in 1 cup blueberries.
- ☐ Remove from heat, and cool.
- ☐ Serve sauce with cheesecake.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:19.72, Inflammation Score:-3, Nutrition Score:4.4808695212654%

Flavonoids

Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg Petunidin: 10.21mg, Petunidin: 10.21mg, Petunidin: 10.21mg, Petunidin: 10.21mg Delphinidin: 11.47mg, Delphinidin: 11.47mg, Delphinidin: 11.47mg, Delphinidin: 11.47mg Malvidin: 21.88mg, Malvidin: 21.88mg, Malvidin: 21.88mg, Malvidin: 21.88mg Peonidin: 6.57mg, Peonidin: 6.57mg, Peonidin: 6.57mg, Peonidin: 6.57mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 241.87kcal (12.09%), Fat: 9.81g (15.09%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 34.68g (12.61%), Sugar: 25.51g (28.34%), Cholesterol: 80.07mg (26.69%), Sodium: 192.65mg (8.38%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 4.2g (8.41%), Selenium: 7.38µg (10.54%), Vitamin B2: 0.17mg (10.19%), Vitamin A: 412.81IU (8.26%), Phosphorus: 80.3mg (8.03%), Vitamin K: 6.78µg (6.45%), Manganese: 0.12mg (5.83%), Calcium: 55.16mg (5.52%), Folate: 18.66µg (4.66%), Vitamin B12: 0.24µg (3.99%), Fiber: 0.97g (3.89%), Vitamin B1: 0.06mg (3.83%), Vitamin C: 3.14mg (3.81%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.53mg (3.54%), Zinc: 0.51mg (3.37%), Iron: 0.54mg (3.01%), Potassium: 104.32mg (2.98%), Vitamin B6: 0.06mg (2.96%), Magnesium: 9.46mg (2.37%), Vitamin B3: 0.43mg (2.14%), Vitamin D: 0.31µg (2.08%), Copper: 0.04mg (1.98%)