



Blueberry cheesecake brûlée pots

READY IN



120 min.

SERVINGS



4

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 140 g blueberries
- ☐ 50 g sugar
- ☐ 1 pinch ground cinnamon
- ☐ 0.5 lemon zest grated
- ☐ 1 tsp cornstarch mixed with 1 tsp cold water
- ☐ 200 g cheese light soft
- ☐ 150 g nonfat greek yogurt 0%
- ☐ 1 tsp vanilla extract
- ☐ 4 digestive biscuits crumbs light crumbled

☐ 4 tbsp little demerara sugar

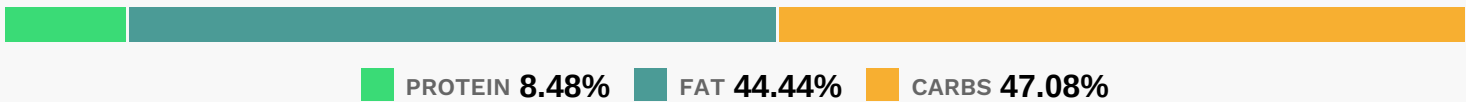
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ blow torch
- ☐ grill

Directions

- ☐ Place the blueberries in a saucepan with 1 tbsp of the caster sugar, cinnamon and lemon juice. Cook, covered, for 5 mins until the berries are soft and juicy.
- ☐ Add the cornflour paste and cook, stirring until thickened. Divide the blueberries between 4 heatproof dishes and leave to cool for 10 mins.
- ☐ In a mixing bowl, whisk the soft cheese, yogurt, vanilla and lemon zest with the remaining caster sugar.
- ☐ Add the crumbled biscuits to the dishes and top with the cheesecake mixture. Cover and chill for 1 hr.
- ☐ Heat grill to high.
- ☐ Sprinkle each cheesecake with 1 tbsp demerara sugar, then mist with a water spray this helps to speed up the caramelisation.
- ☐ Place under the grill for 1-2 mins until the sugar has melted or use a cooks blowtorch. Return the pots to the fridge to chill for 30 mins or for up to a day, before serving.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:11.17, Inflammation Score:-5, Nutrition Score:6.8804348033407%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Petunidin: 11.04mg, Petunidin: 11.04mg, Petunidin: 11.04mg, Petunidin: 11.04mg Delphinidin: 12.4mg, Delphinidin: 12.4mg, Delphinidin: 12.4mg, Delphinidin: 12.4mg Malvidin: 23.66mg, Malvidin: 23.66mg, Malvidin: 23.66mg, Malvidin: 23.66mg Peonidin: 7.1mg, Peonidin: 7.1mg, Peonidin: 7.1mg, Peonidin: 7.1mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 379.43kcal (18.97%), Fat: 18.98g (29.2%), Saturated Fat: 10.38g (64.87%), Carbohydrates: 45.25g (15.08%), Net Carbohydrates: 43.83g (15.94%), Sugar: 34.61g (38.45%), Cholesterol: 52.38mg (17.46%), Sodium: 243.76mg (10.6%), Alcohol: 0.36g (100%), Alcohol %: 0.28% (100%), Protein: 8.15g (16.3%), Vitamin B2: 0.28mg (16.65%), Vitamin A: 692.7IU (13.85%), Phosphorus: 134.97mg (13.5%), Selenium: 9.03µg (12.89%), Manganese: 0.26mg (12.82%), Calcium: 106.2mg (10.62%), Vitamin K: 9.82µg (9.35%), Vitamin B12: 0.37µg (6.21%), Fiber: 1.43g (5.71%), Vitamin E: 0.85mg (5.65%), Folate: 22.07µg (5.52%), Vitamin B5: 0.53mg (5.31%), Vitamin C: 4.36mg (5.29%), Potassium: 176.34mg (5.04%), Vitamin B1: 0.07mg (4.69%), Vitamin B6: 0.09mg (4.68%), Vitamin B3: 0.9mg (4.5%), Zinc: 0.65mg (4.32%), Iron: 0.77mg (4.29%), Magnesium: 16.85mg (4.21%), Copper: 0.06mg (3.15%)