



Blueberry Mascarpone Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



398 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh thawed
- ☐ 8 ounce cream cheese softened
- ☐ 10 servings crème fraîche homemade store-bought (or ; optional)
- ☐ 3 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.8 pound mascarpone cheese softened (1 1/ 2 cups)

- ☐ 0.8 cup sugar plus more for the pan
- ☐ 10 servings butter unsalted for the pan
- ☐ 1 teaspoon vanilla extract

Equipment

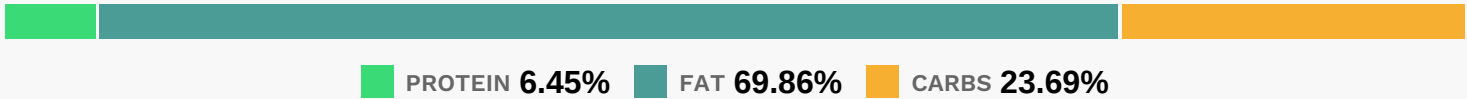
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Preheat the oven to 350 degrees F and position a rack in the middle. Butter a 9-by-2-inch round cake pan or a 9-inch springform pan and dust with sugar, tilting the pan to coat and discarding any excess.
- ☐ In a large bowl, with an electric mixer on medium speed, beat the mascarpone, cream cheese, 3/4 cup sugar, 1 teaspoon of the lemon zest, lemon juice, and vanilla until smooth, about 2 minutes, scraping down the sides of the bowl once.
- ☐ Add the eggs, one at a time, beating well after each addition. Turn the mixer to low and add the flour, scraping the bowl to make sure it is incorporated.
- ☐ Pour the batter into the pan.
- ☐ Bake until the top of the cake is a deep golden brown and a toothpick inserted in the center comes out clean, 35 to 40 minutes.
- ☐ Let the cake cool in its pan on a rack for 15 to 20 minutes. Run a knife around the sides of the cheesecake. If using a cake pan, invert a serving plate over the pan and reinvert the cheesecake on the plate. If using a springform pan, remove the sides and set the bottom on a serving plate.
- ☐ Let cool completely.

- ☐
- In a medium bowl, mix the blueberries with the 2 tablespoons sugar and the remaining 1 teaspoon lemon zest. If using fresh berries, crush a few with the back of a spoon to encourage juices to form. (Taste the fruit; if it's too tart, add another teaspoon of sugar.)
- ☐
- When ready to serve, dust the cheesecake with confectioners' sugar, if using, and spoon the blueberries over the cheesecake.
- ☐
- Cut and serve with a dollop of whipped cream or creme fraiche, if you like.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:13.48, Inflammation Score:-6, Nutrition Score:5.1591304229653%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 397.84kcal (19.89%), Fat: 31.09g (47.83%), Saturated Fat: 18.37g (114.81%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 22.9g (8.33%), Sugar: 19.33g (21.48%), Cholesterol: 130.56mg (43.52%), Sodium: 116.05mg (5.05%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 6.46g (12.92%), Vitamin A: 1077.8IU (21.56%), Selenium: 7.94µg (11.34%), Vitamin B2: 0.17mg (9.97%), Calcium: 94.23mg (9.42%), Phosphorus: 70.4mg (7.04%), Vitamin K: 6.77µg (6.45%), Manganese: 0.12mg (6.23%), Vitamin C: 3.79mg (4.59%), Vitamin E: 0.69mg (4.58%), Vitamin B5: 0.45mg (4.54%), Folate: 16.06µg (4.01%), Vitamin B12: 0.22µg (3.62%), Fiber: 0.82g (3.26%), Vitamin B6: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.42mg (2.78%), Iron: 0.5mg (2.76%), Potassium: 94.34mg (2.7%), Vitamin D: 0.38µg (2.5%), Copper: 0.04mg (1.99%), Magnesium: 7.57mg (1.89%), Vitamin B3: 0.31mg (1.53%)