



Bobby's Ricotta Cheesecake

 Vegetarian

READY IN



835 min.

SERVINGS



8

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 8 ounces neufchâtel cream cheese softened
- ☐ 1 eggs
- ☐ 3.5 ounces graham crackers
- ☐ 1.5 cups part-skim ricotta cheese
- ☐ 2 cups strawberries with 1 teaspoon sugar sliced
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract

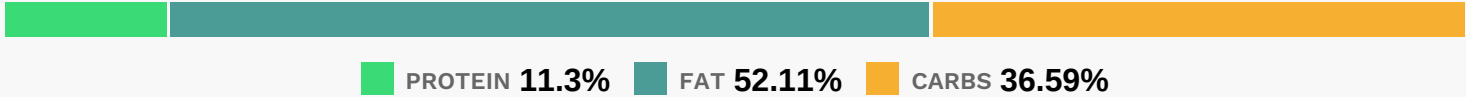
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the graham crackers in a food processor and pulse until fine crumbs are formed.
- ☐ Add the butter and pulse again to combine.
- ☐ Transfer to the bottom of an 8-inch springform cake pan and press against the bottom of the pan.
- ☐ Bake for 8 to 10 minutes.
- ☐ Let cool.
- ☐ For the filling: Beat together the cream cheese and ricotta with an electric mixer.
- ☐ Add the sugar, vanilla and egg and beat until well blended.
- ☐ Pour the mixture into the prepared crust.
- ☐ Place on a baking sheet and bake until the center is set and the edges are golden, 25 to 30 minutes.
- ☐ Let cool to room temperature, and then refrigerate overnight.
- ☐ When ready to serve, slice and top with a dusting of cocoa powder and the sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:16.65, Inflammation Score:-5, Nutrition Score:7.5195652712946%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 310.03kcal (15.5%), Fat: 18.18g (27.97%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 27.58g (10.03%), Sugar: 18.38g (20.43%), Cholesterol: 71.03mg (23.68%), Sodium: 237.6mg (10.33%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 8.87g (17.74%), Vitamin C: 21.17mg (25.66%), Calcium: 173.64mg (17.36%), Selenium: 12.15µg (17.35%), Phosphorus: 160.88mg (16.09%), Vitamin A: 680.78IU (13.62%), Vitamin B2: 0.22mg (12.83%), Zinc: 1.13mg (7.55%), Manganese: 0.15mg (7.5%), Folate: 25.63µg (6.41%), Magnesium: 22.31mg (5.58%), Iron: 1mg (5.55%), Potassium: 182mg (5.2%), Fiber: 1.14g (4.57%), Vitamin B12: 0.25µg (4.2%), Vitamin B5: 0.41mg (4.07%), Vitamin B1: 0.06mg (3.71%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.68mg (3.39%), Vitamin B6: 0.06mg (3.2%), Copper: 0.05mg (2.38%), Vitamin K: 1.97µg (1.88%), Vitamin D: 0.21µg (1.39%)