



## Cheerful Cacao Cheesecake

READY IN



90 min.

SERVINGS



10

CALORIES



476 kcal

DESSERT

### Ingredients

- 1 banana
- 120 g butter
- 2 tablespoons cacao nibs
- 50 g cacao nibs
- 150 g chocolate wafer crumbs
- 2 eggs
- 1 package vanilla pudding instant
- 1 lime
- 500 ml milk

- 500 g german quark
- 150 g cream sour
- 180 g sugar
- 75 ml unrefined sunflower oil
- 1 packet tsp vanilla sugar

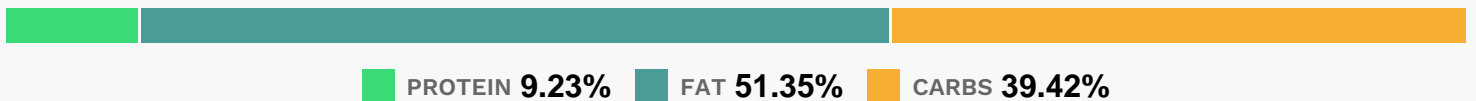
## Equipment

- bowl
- frying pan
- oven

## Directions

- Mix the cookie crumbs with the butter and the cacao in a bowl.
- Put the cookie crumble mix in a slightly greased pan and press firmly.
- Put the sliced banana on top of the crust.
- Mix the eggs, quark, creme, oil, milk, sugar, vanilla sugar, vanilla pudding, the lime juice, and chocolate nibs in a large bowl.
- Pour the filling in the pan and cook at 200°C for 50 minutes.
- Let the cake cool with the oven door open for about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:36.45, Glycemic Load:20.3, Inflammation Score:-4, Nutrition Score:6.6969564790311%

## Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 475.57kcal (23.78%), Fat: 27.69g (42.6%), Saturated Fat: 12.5g (78.11%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 45.9g (16.69%), Sugar: 38.12g (42.35%), Cholesterol: 73.87mg (24.62%), Sodium: 312.3mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.39%), Vitamin E: 3.43mg (22.85%), Vitamin B2: 0.2mg (11.48%), Phosphorus: 107.58mg (10.76%), Vitamin A: 537.09IU (10.74%), Calcium: 94.5mg (9.45%), Selenium: 5.55µg (7.93%), Fiber: 1.92g (7.68%), Magnesium: 28.91mg (7.23%), Manganese: 0.14mg (7.22%), Vitamin B12: 0.42µg (7.04%), Potassium: 193.99mg (5.54%), Vitamin B6: 0.11mg (5.34%), Vitamin B5: 0.5mg (5.02%), Vitamin D: 0.74µg (4.95%), Vitamin B1: 0.07mg (4.81%), Copper: 0.1mg (4.79%), Iron: 0.86mg (4.76%), Zinc: 0.58mg (3.85%), Folate: 15.34µg (3.84%), Vitamin C: 3.11mg (3.77%), Vitamin B3: 0.6mg (3%), Vitamin K: 2.08µg (1.98%)