



Cheesecake bombe with summer fruits



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 3 tbsp blackberries (blackberry liqueur)
- ☐ 350 g fruit mixed fresh such as strawberries, raspberries, blueberries ()
- ☐ 4 tbsp powdered sugar
- ☐ 1 orange juice
- ☐ 1 large orange zest grated
- ☐ 250 g raspberries
- ☐ 500 g ricotta cheese
- ☐ 600 g strawberries

- ☐ 500 g frangelico low fat
- ☐ 500 g frangelico low fat

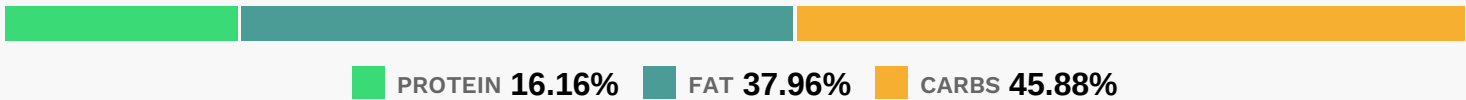
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ colander

Directions

- ☐ Beat together the cheese, sugar and zest. Fold in the fromage frais. Line a large sieve, colander or two new traditionally shaped terracotta flowerpots (10–12cm across the top) with muslin or a clean Jcloth and spoon in the mixture, pressing it down firmly. Set over a bowl and put in the fridge for at least 4 hours or overnight to drain off the liquid and firm up the mixture.Tip all the sauce ingredients into a food processor and blitz until smooth, then press through a sieve.
- ☐ Pour into a serving jug.When you're ready to serve, hull the strawberries and halve if large.
- ☐ Mix with the other fruits.Turn the cheese out on to one large or two smaller platters and remove the cloth. Surround with the fruit and dust with icing sugar.
- ☐ Serve the sauce in the jug for pouring over each portion.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:4.15, Inflammation Score:-7, Nutrition Score:14.843043508737%

Flavonoids

Cyanidin: 28.14mg, Cyanidin: 28.14mg, Cyanidin: 28.14mg, Cyanidin: 28.14mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 25.29mg, Pelargonidin: 25.29mg, Pelargonidin: 25.29mg, Pelargonidin: 25.29mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 6.39mg, Catechin: 6.39mg, Catechin: 6.39mg, Catechin: 6.39mg

Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg
Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3–gallate:
0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg, Epicatechin 3–gallate: 0.15mg
Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg,
Epigallocatechin 3–gallate: 0.39mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol:
0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.47mg, Naringenin:
0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg,
Kaempferol: 0.55mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin:
1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,
Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 262.28kcal (13.11%), Fat: 11.51g (17.7%), Saturated Fat: 6.95g (43.41%), Carbohydrates: 31.29g (10.43%), Net
Carbohydrates: 25.02g (9.1%), Sugar: 19.94g (22.15%), Cholesterol: 42.5mg (14.17%), Sodium: 74.67mg (3.25%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.05%), Vitamin C: 80.27mg (97.3%), Manganese:
0.74mg (36.76%), Fiber: 6.27g (25.06%), Calcium: 208.35mg (20.83%), Selenium: 12.66µg (18.08%), Phosphorus:
178.5mg (17.85%), Vitamin B2: 0.22mg (13.06%), Vitamin A: 616.96IU (12.34%), Folate: 49.36µg (12.34%), Potassium:
391.65mg (11.19%), Vitamin K: 10.52µg (10.02%), Magnesium: 37.27mg (9.32%), Zinc: 1.38mg (9.23%), Copper: 0.17mg
(8.28%), Iron: 1.28mg (7.11%), Vitamin B6: 0.12mg (6.24%), Vitamin E: 0.84mg (5.6%), Vitamin B3: 1.06mg (5.28%),
Vitamin B5: 0.51mg (5.13%), Vitamin B12: 0.28µg (4.72%), Vitamin B1: 0.07mg (4.54%), Vitamin D: 0.17µg (1.11%)