



Cheesecake Cloud with Berries

READY IN



45 min.

SERVINGS



10

CALORIES



239 kcal

DESSERT

Ingredients

- 1.5 tablespoons butter melted
- 2 tablespoons cornstarch
- 0.3 teaspoon cream of tartar
- 1 large egg white
- 3 large eggs separated
- 0.7 cup graham cracker crumbs
- 1.5 teaspoons lemon zest grated
- 4 cups nonfat yogurt cheese
- 1 cup raspberries dry rinsed drained

- 2 tablespoons currant jelly
- 1.3 cups sugar
- 2 teaspoons vanilla

Equipment

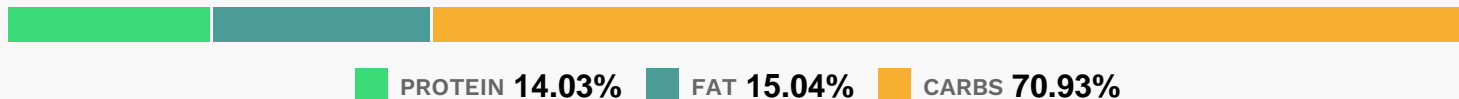
- bowl
- frying pan
- oven
- knife
- blender
- microwave
- cake server

Directions

- Combine crumbs and melted butter. Pat evenly over bottom of an 8-inch cheesecake pan (at least 3 1/2 in. deep) with removable rim.
- Bake in a 325 oven until crust is slightly browner, about 15 minutes.
- Meanwhile, with a mixer on high speed, beat the 4 egg whites and cream of tartar in a large bowl until foamy. Gradually add 1/2 cup sugar, about 1 tablespoon at a time, beating until the whites hold stiff, shiny peaks.
- In another large bowl, stir remaining sugar with cornstarch, then add egg yolks, cheese, lemon peel, and vanilla. Beat (with unwashed beaters) until well blended.
- Fold beaten whites into cheese mixture. Scrape the batter into hot or cool crust.
- Bake in a 325 oven until center barely jiggles when cake is gently shaken, 50 to 60 minutes. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 3 hours. (If making ahead, cover when cool and chill up to 1 day.)
- Melt jelly (in a microwave oven or in a small pan over medium heat), stirring often. Cool, stirring occasionally, until jelly becomes a thick syrup, about 5 minutes.
- Remove pan rim. Mound berries on cake and drizzle with jelly. To neatly cut this fluffy dessert, hold a long strand of string (such as dental floss) taut, slide it under the berries to the center of the cake, and push the string down to the pan. Slide out string and repeat to cut wedges. (If

using a knife, wipe blade clean between cuts.) Slide a pie server under each wedge and lift out gently.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:22.13, Inflammation Score:-2, Nutrition Score:7.2947826644649%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 239.23kcal (11.96%), Fat: 4.02g (6.19%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 42.68g (14.23%), Net Carbohydrates: 41.62g (15.14%), Sugar: 36.43g (40.47%), Cholesterol: 57.76mg (19.25%), Sodium: 160.87mg (6.99%), Alcohol: 0.28g (100%), Alcohol %: 0.21% (100%), Protein: 8.44g (16.89%), Calcium: 213.28mg (21.33%), Phosphorus: 200.39mg (20.04%), Vitamin B2: 0.34mg (20%), Selenium: 9.09µg (12.99%), Vitamin B12: 0.74µg (12.27%), Potassium: 322.56mg (9.22%), Vitamin B5: 0.91mg (9.08%), Zinc: 1.31mg (8.75%), Magnesium: 27.14mg (6.79%), Folate: 24.54µg (6.13%), Vitamin C: 4.77mg (5.78%), Manganese: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.09mg (4.58%), Fiber: 1.06g (4.24%), Iron: 0.71mg (3.96%), Vitamin A: 167.09IU (3.34%), Copper: 0.05mg (2.31%), Vitamin E: 0.33mg (2.22%), Vitamin B3: 0.43mg (2.13%), Vitamin D: 0.3µg (2%), Vitamin K: 1.18µg (1.12%)