



## Cherry Cheesecake

 Vegetarian

READY IN



200 min.

SERVINGS



8

CALORIES



498 kcal

DESSERT

### Ingredients

- ☐ 10 ounce cherry spread black recommended: St Dalfour Rhapsodie de Fruit
- ☐ 10 ounces cream cheese
- ☐ 1.3 cups graham cracker crumbs
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 cup powdered sugar
- ☐ 2 tablespoons sugar
- ☐ 0.8 stick butter unsalted soft

☐ 1 teaspoon vanilla extract

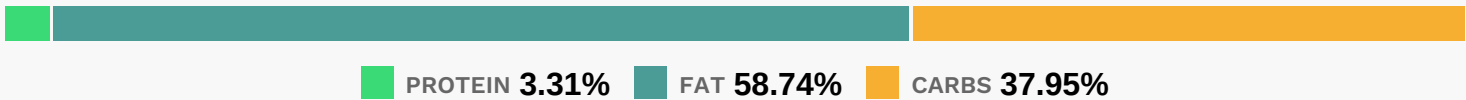
Equipment

- ☐ food processor
- ☐ bowl
- ☐ wooden spoon
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Blitz the biscuits in a food processor until beginning to turn to crumbs, then add the sugar and butter and whiz again to make the mixture clump. If using graham cracker crumbs, you can use a bowl and wooden spoon to mix the butter in, with the sugar added.
- ☐ Press this mixture into a 8-inch springform tin; press a little up the sides to form a slight ridge.
- ☐ Beat together the cream cheese, sugar, vanilla and lemon juice in a bowl until smooth.
- ☐ Lightly whip the cream, and then fold it into the cream cheese mixture.
- ☐ Spoon the cheesecake filling on top of the biscuit base and smooth with a spatula, put it in the refrigerator for 3 hours or overnight.
- ☐ When you are ready to serve the cheesecake, un-mold and spread the black cherry spread over the top.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:22.91, Inflammation Score:-6, Nutrition Score:5.0178260803223%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 497.53kcal (24.88%), Fat: 32.87g (50.57%), Saturated Fat: 19.65g (122.82%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 46.95g (17.07%), Sugar: 32.81g (36.46%), Cholesterol: 92.19mg (30.73%), Sodium: 218.53mg (9.5%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 4.16g (8.33%), Vitamin A: 1178IU (23.56%), Vitamin B2: 0.2mg (11.88%), Phosphorus: 91.02mg (9.1%), Calcium: 74.19mg (7.42%), Selenium: 4.82µg (6.88%), Vitamin E: 0.87mg (5.78%), Iron: 0.79mg (4.41%), Vitamin D: 0.63µg (4.23%), Vitamin C: 3.42mg (4.14%), Potassium: 129.37mg (3.7%), Magnesium: 14.72mg (3.68%), Folate: 14.7µg (3.67%), Zinc: 0.54mg (3.57%), Vitamin B1: 0.05mg (3.36%), Fiber: 0.84g (3.35%), Vitamin B5: 0.3mg (2.97%), Vitamin B3: 0.57mg (2.84%), Copper: 0.05mg (2.59%), Vitamin B6: 0.05mg (2.55%), Vitamin B12: 0.14µg (2.39%), Vitamin K: 2.44µg (2.32%), Manganese: 0.02mg (1.02%)