



Cherry cheesecake slice

READY IN



80 min.

SERVINGS



8

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 200 g shortbread cookies
- ☐ 50 g butter melted
- ☐ 600 g cheese good soft
- ☐ 1 tsp vanilla extract
- ☐ 175 g brown sugar
- ☐ 2 tbsp flour plain
- ☐ 2 eggs
- ☐ 50 g brown sugar
- ☐ 400 g cherries pitted

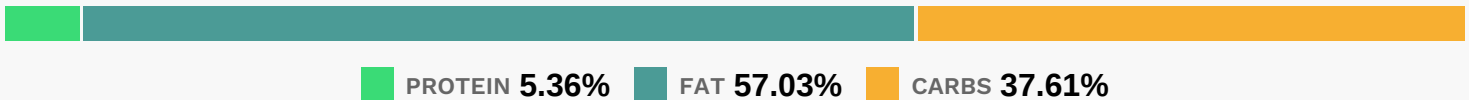
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Heat the oven to 160C/fan 140C/gas
- ☐ Grease and line a loose-sided metal terrine tin (27 x 10cm, 7cm deep) or a similar size loaf tin with baking parchment. Tip the shortbread into a food processor and blitz into crumbs, then pour in the butter and continue to whizz until its the texture of smooth peanut butter. Press the shortbread mix into the base of tin.
- ☐ Beat the cheese, vanilla extract and sugar until smooth then beat in the flour and eggs until completely combined this can be done by hand or in a food processor.
- ☐ Pour the mix over the biscuit base and smooth with a spatula.
- ☐ Bake for about 1 hr until just completely set and tinged brown at the edges. Leave to cool out of the fridge, then refrigerate until completely cold.
- ☐ While the cake is cooling sprinkle the sugar into a frying pan and place over a high heat until caramelised. Throw in the cherries and stew in the sugar for 3-4 mins until they are sticky and have released their juices, but havent collapsed too much. Leave to cool, then strain the cherry juice back into the pan.
- ☐ Place on a high heat and reduce the juice to a sticky syrup, set aside to cool. To serve, gently release the cake from the mould onto a board and leave at room temperature for 30 mins. Just before serving spoon the cherries over, drizzle with the syrup and cut into slices.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:13.68, Inflammation Score:-7, Nutrition Score:8.5947826323302%

Flavonoids

Cyanidin: 15.1mg, Cyanidin: 15.1mg, Cyanidin: 15.1mg, Cyanidin: 15.1mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 598.25kcal (29.91%), Fat: 38.58g (59.36%), Saturated Fat: 20.75g (129.71%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 55.84g (20.3%), Sugar: 42.02g (46.69%), Cholesterol: 130.11mg (43.37%), Sodium: 387.52mg (16.85%), Alcohol: 0.18g (100%), Alcohol %: 0.12% (100%), Protein: 8.15g (16.3%), Vitamin A: 1276.34IU (25.53%), Vitamin B2: 0.33mg (19.39%), Selenium: 12.41µg (17.73%), Phosphorus: 133.71mg (13.37%), Calcium: 113.84mg (11.38%), Vitamin E: 1.55mg (10.34%), Folate: 38.07µg (9.52%), Manganese: 0.19mg (9.27%), Vitamin B1: 0.14mg (9.23%), Iron: 1.49mg (8.27%), Potassium: 288.87mg (8.25%), Vitamin B5: 0.82mg (8.24%), Vitamin B6: 0.12mg (5.78%), Fiber: 1.43g (5.7%), Vitamin B3: 1.12mg (5.6%), Vitamin K: 5.85µg (5.57%), Magnesium: 20.2mg (5.05%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.27µg (4.56%), Copper: 0.09mg (4.51%), Vitamin C: 3.5mg (4.24%), Vitamin D: 0.22µg (1.47%)