



Cherry Ricotta Cheesecake

READY IN



80 min.

SERVINGS



8

CALORIES



272 kcal

DESSERT

Ingredients

- 3 large eggs
- 0.3 cup flour all-purpose
- 0.5 teaspoon gelatin powder unflavored
- 1 tablespoon honey
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest finely grated
- 0.5 cup heavy whipping cream sour reduced-fat
- 16 ounce part-skim ricotta cheese
- 4 ounces cream cheese softened

- 0.3 teaspoon salt
- 0.8 cup sugar
- 2 cups cherries fresh sweet pitted
- 1 teaspoon vanilla extract
- 1 tablespoon warm water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- wire rack

Directions

- Watch how to make this recipe.
- Preheat oven to 325 degrees. Coat a 9-inch spring form pan with cooking spray.
- Place ricotta in a food processor and process until smooth and creamy.
- Add sour cream, cream cheese, eggs, sugar, flour, vanilla, lemon zest and salt. Process until well blended.
- Pour into the prepared pan and bake until the center is just set, 50 to 55 minutes.
- Transfer to a wire rack to cool, then cover and chill in the refrigerator for 3 hours.
- Put the cherries, honey and lemon juice in a medium saucepan and bring to a boil.
- Remove the pan from the heat. In a small bowl stir the gelatin in the warm water until dissolved then stir the dissolved gelatin into the cherry mixture. Cover and chill in the refrigerator for 3 hours, stirring once or twice, until the mixture is thickened but not yet formed to the pan.
- After the 3 hours chilling, top the cheesecake with the cherry mixture and then serve, or keep in the refrigerator, covered, for up to three days.
- Excellent source of: Calcium, Protein, Selenium

Good source of: Phosphorus, Riboflavin, Vitamin A

Nutrition Facts

PROTEIN 16.57% **FAT 33.03%** **CARBS 50.4%**

Properties

Glycemic Index:27.42, Glycemic Load:17.43, Inflammation Score:-4, Nutrition Score:7.3969565163488%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 272.03kcal (13.6%), Fat: 10.13g (15.59%), Saturated Fat: 5.64g (35.25%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 33.93g (12.34%), Sugar: 26.52g (29.46%), Cholesterol: 100.01mg (33.34%), Sodium: 234.02mg (10.17%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 11.44g (22.88%), Selenium: 17.8µg (25.43%), Calcium: 212.13mg (21.21%), Phosphorus: 184.51mg (18.45%), Vitamin B2: 0.27mg (15.93%), Vitamin A: 466.69IU (9.33%), Vitamin B12: 0.52µg (8.7%), Zinc: 1.22mg (8.11%), Folate: 29.52µg (7.38%), Potassium: 247.87mg (7.08%), Vitamin B5: 0.64mg (6.36%), Iron: 0.95mg (5.25%), Vitamin B1: 0.07mg (4.77%), Magnesium: 18.32mg (4.58%), Vitamin C: 3.61mg (4.37%), Copper: 0.07mg (3.74%), Vitamin B6: 0.07mg (3.66%), Fiber: 0.87g (3.47%), Manganese: 0.07mg (3.4%), Vitamin D: 0.5µg (3.35%), Vitamin E: 0.35mg (2.32%), Vitamin B3: 0.38mg (1.89%), Vitamin K: 1.42µg (1.35%)