



Chinese Cheesecake

READY IN



43 min.

SERVINGS



5

CALORIES



247 kcal

DESSERT

Ingredients

- 5 servings canola oil for frying
- 8 tablespoons cream cheese
- 1 eggs
- 10 egg roll skins thick
- 1 tablespoon ground cinnamon
- 3 tablespoons milk
- 2.5 tablespoons powdered sugar for mix, 1 tablespoon for garnish ()
- 1 cup raspberries fresh
- 3 tablespoons ricotta cheese

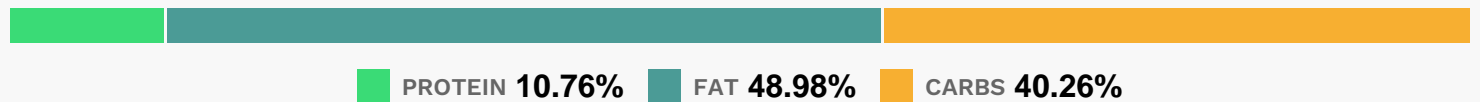
Equipment

- bowl
- frying pan
- paper towels

Directions

- Watch how to make this recipe.
- Heat 1-inch of canola oil in large saute pan, to 325 degrees F.
- In a bowl mix the cream cheese, ricotta, and 1 1/2 tablespoons sugar with a whip, until thoroughly blended.
- Beat egg and milk together.
- Place 1 1/2 tablespoons of cheese mix in center back of egg roll skin and place 4 to 6 raspberries in the center of cheese mixture.
- Brush egg wash around edges of skin, fold left and right sides of skin in 1/2-inch, and then roll from back to front, insuring that the roll is sealed.
- Place in oil and cook both sides until golden brown.
- Let drain on paper towels for 2 to 3 minutes.
- Dust with cinnamon and sugar.
- Serve with whipped cream and raspberries, if desired.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:8.0847826211349%

Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin:

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Nutrients (% of daily need)

Calories: 247.25kcal (12.36%), Fat: 13.64g (20.98%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 22.35g (8.13%), Sugar: 6.37g (7.08%), Cholesterol: 64.18mg (21.39%), Sodium: 245.52mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Manganese: 0.61mg (30.61%), Selenium: 13.63µg (19.47%), Vitamin B2: 0.23mg (13.67%), Fiber: 2.88g (11.51%), Vitamin B1: 0.16mg (10.54%), Phosphorus: 94.6mg (9.46%), Calcium: 91.42mg (9.14%), Folate: 34.8µg (8.7%), Vitamin A: 430.01IU (8.6%), Vitamin B3: 1.62mg (8.11%), Iron: 1.39mg (7.71%), Vitamin C: 6.35mg (7.7%), Vitamin E: 1.04mg (6.95%), Vitamin K: 5.01µg (4.77%), Zinc: 0.69mg (4.57%), Magnesium: 16.65mg (4.16%), Vitamin B5: 0.41mg (4.11%), Copper: 0.08mg (3.9%), Potassium: 130.25mg (3.72%), Vitamin B12: 0.21µg (3.56%), Vitamin B6: 0.06mg (3.04%), Vitamin D: 0.29µg (1.95%)