



Coconut & Lime Cheesecake

READY IN



45 min.

SERVINGS



10

CALORIES



574 kcal

DESSERT

Ingredients

- 1 package amaretti cookies (7oz/200g)
- 1 coconut or fresh
- 400 g cream cheese at room temperature
- 6 large eggs
- 2 juice of lime grated
- 10 servings pie crust dough
- 2 cups german quark (500g)
- 1 pinch salt
- 250 g sugar

- 75 g butter unsalted melted plus more for greasing
- 1 can coconut milk unsweetened (13.5oz/400ml)

Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- knife
- hand mixer
- aluminum foil
- springform pan
- peeler

Directions

- Preheat the oven to 350°F (180°C). Butter a 9-inch (24-cm) springform pan. Line the bottom with parchment paper and butter the paper.
- Make the crust: In a food processor, grind the cookies into fine crumbs.
- Add the melted butter and salt, and pulse until combined. Press the crumbly mixture into the bottom and 1/2 inch (1 cm) up the sides of the prepared pan.
- Bake for 12 to 15 minutes, then let the crust cool on a rack.
- Lower the oven temperature to 325°F (160°C).
- Make the filling: In a large bowl using an electric mixer, beat the cream cheese until creamy. Beat in the quark and the coconut milk.
- Add the sugar bit by bit, then stir in half of the lime zest and all the juice and the salt.
- Add the eggs one at a time and beat to combine.
- Pour the filling into the prebaked crust.
- Bake about 1 1/2 hours, until the center of the cake is just about firm.

- Let cool for 20 minutes in the pan, then slide a knife around the edge of the pan to loosen the cake, to prevent it from cracking as it cools.
- Let the cheesecake cool completely.
- Cover the cake with aluminum foil and refrigerate at least overnight.
- Now you can garnish it.
- Open the coconut: With hammer and nail, penetrate two of its three eyes (the dark spots on top of the coconut). Through one of the holes, pour the coconut water out into a bowl.
- Place the coconut on a firm base (outside on your stoop, for example) wrapped tightly in a dishcloth and hit it with a hammer until it breaks.
- With a sharp knife, cut the meat out of the coconut. You can peel off the brown skin with a vegetable peeler, but I think it's prettier to leave it on. You can now use a peeler to slice strips and curls of coconut to garnish the cake, or you could grate it.
- Remove the sides of the springform pan and place the cake on a platter.
- Garnish the top with the coconut curls and the rest of the lime zest.

Nutrition Facts

PROTEIN 9.97% **FAT 60.61%** **CARBS 29.42%**

Properties

Glycemic Index:10.71, Glycemic Load:18.08, Inflammation Score:-5, Nutrition Score:9.383043486139%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 573.89kcal (28.69%), Fat: 39.5g (60.77%), Saturated Fat: 24.43g (152.71%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 41.31g (15.02%), Sugar: 30.36g (33.73%), Cholesterol: 168.13mg (56.04%), Sodium: 317.36mg (13.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.23%), Manganese: 0.54mg (27.15%), Selenium: 17.03µg (24.32%), Vitamin A: 889.84IU (17.8%), Phosphorus: 165.23mg (16.52%), Vitamin B2: 0.27mg (16.14%), Iron: 1.91mg (10.6%), Folate: 40.97µg (10.24%), Vitamin B5: 0.88mg (8.76%), Copper: 0.18mg (8.76%), Fiber: 1.84g (7.38%), Potassium: 245.35mg (7.01%), Calcium: 69.56mg (6.96%), Magnesium: 27.26mg (6.81%), Zinc: 1.01mg (6.76%), Vitamin E: 1.01mg (6.76%), Vitamin B1: 0.09mg (6.33%), Vitamin B12: 0.37µg (6.13%), Vitamin B6: 0.1mg (5.11%), Vitamin B3: 0.97mg (4.86%), Vitamin D: 0.71µg (4.75%), Vitamin C: 3.07mg (3.72%),

Vitamin K: 3.09µg (2.94%)