



Cook the Book: Baked Breakfast Cheesecake

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 2 eggs lightly beaten
- ☐ 10 servings fruit fresh
- ☐ 21 ounces goat cheese unsalted soft (preferably)
- ☐ 2 small orange zest finely grated
- ☐ 3 tablespoons raisins
- ☐ 1 pinch sea salt good
- ☐ 0.5 cup caster sugar
- ☐ 5 tablespoons butter unsalted cooled melted

☐ 3 tablespoons pastry flour whole-wheat fine quick

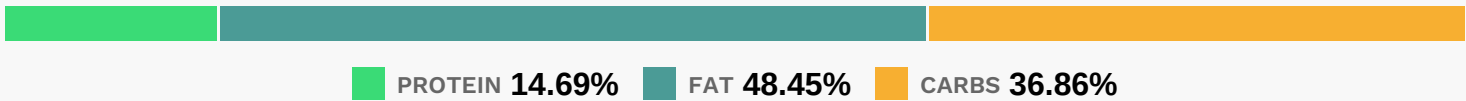
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 325°F.
- ☐ Generously butter a 9-inch springform cake pan.
- ☐ Beat the cheese with a wooden spoon until smooth, then add the melted butter, oatmeal, semolina, or flour, salt, sugar, eggs, and orange zest and juice, and mix well (feel free to whiz the ingredients in a food processor). Fold in the raisins, if using.
- ☐ Spoon the mixture into the prepared pan and bake for about 25 minutes, until just set, with a slight wobble in the center.
- ☐ Serve hot, warm, or at room temperature with some fresh fruit or fruit compote, and, if you like, yogurt or sour cream.

Nutrition Facts



Properties

Glycemic Index:12.89, Glycemic Load:8.88, Inflammation Score:-6, Nutrition Score:9.0973913462266%

Nutrients (% of daily need)

Calories: 348.78kcal (17.44%), Fat: 19.3g (29.69%), Saturated Fat: 12.58g (78.61%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 30.35g (11.04%), Sugar: 23.89g (26.54%), Cholesterol: 75.17mg (25.06%), Sodium: 243.63mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.33%), Copper: 0.56mg (27.86%), Vitamin A: 1205.58IU (24.11%), Phosphorus: 197.11mg (19.71%), Vitamin B2: 0.31mg (18.41%), Fiber: 2.68g (10.72%), Iron: 1.87mg (10.39%), Vitamin B6: 0.2mg (10.21%), Calcium: 101.82mg (10.18%), Manganese: 0.19mg (9.61%), Selenium: 5.85µg

(8.35%), Vitamin C: 6.11mg (7.41%), Vitamin K: 7.08µg (6.74%), Vitamin B5: 0.62mg (6.22%), Zinc: 0.84mg (5.63%), Magnesium: 21.4mg (5.35%), Potassium: 184.8mg (5.28%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 0.91mg (4.53%), Folate: 15.64µg (3.91%), Vitamin D: 0.52µg (3.46%), Vitamin B12: 0.2µg (3.39%), Vitamin E: 0.38mg (2.55%)