



Cranberry-Orange Cheesecake

READY IN



450 min.

SERVINGS



12

CALORIES



514 kcal

DESSERT

Ingredients

- ☐ 1.5 cups cookie crumbs
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 cup butter melted
- ☐ 24 oz cream cheese softened
- ☐ 8 oz cream sour (1 cup)
- ☐ 4 eggs
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons orange zest grated
- ☐ 2 tablespoons pear liqueur orange-flavored

- ☐ 8 oz cranberries fresh
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 cup water
- ☐ 0.5 cup orange marmalade

Equipment

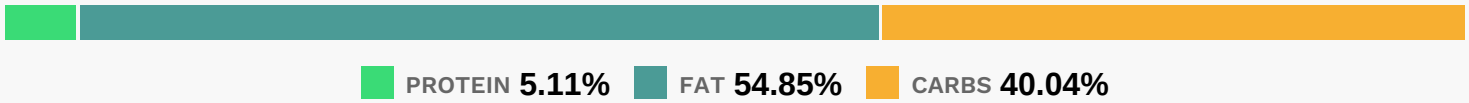
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Heat oven to 300°F. Wrap outside of 9- or 10-inch springform pan with foil. In small bowl, stir together cookie crumbs, powdered sugar and butter. Press in bottom of pan.
- ☐ Beat cream cheese, sour cream, eggs, 1 cup granulated sugar, the orange peel and liqueur with electric mixer on medium speed until smooth.
- ☐ Pour over crust.
- ☐ Bake 1 hour 20 minutes to 1 hour 30 minutes or until center is set. Cool 15 minutes; carefully run knife around side of pan to loosen cheesecake. Cool 1 hour. Cover; refrigerate at least 4 hours.
- ☐ Meanwhile, wash cranberries; remove blemished berries. In 2-quart saucepan, mix 1/2 cup granulated sugar and cornstarch. Stir in water.
- ☐ Heat to boiling over medium-high heat, stirring occasionally. Stir in cranberries; return to boiling. Simmer uncovered 5 to 8 minutes, stirring occasionally, until cranberries pop. Stir in marmalade. Cover; refrigerate until serving time.

Just before serving, remove side of pan from cheesecake. Spoon cranberry-orange sauce onto cheesecake.

Nutrition Facts



Properties

Glycemic Index:23.02, Glycemic Load:24.01, Inflammation Score:-6, Nutrition Score:6.8843478119892%

Flavonoids

Cyanidin: 8.78mg, Cyanidin: 8.78mg, Cyanidin: 8.78mg, Cyanidin: 8.78mg Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg, Delphinidin: 1.45mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.29mg, Peonidin: 9.29mg, Peonidin: 9.29mg, Peonidin: 9.29mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 513.87kcal (25.69%), Fat: 31.75g (48.85%), Saturated Fat: 15.63g (97.66%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 51.11g (18.58%), Sugar: 42.69g (47.44%), Cholesterol: 122.98mg (40.99%), Sodium: 302.14mg (13.14%), Alcohol: 0.99g (100%), Alcohol %: 0.7% (100%), Protein: 6.65g (13.31%), Vitamin A: 1162.13IU (23.24%), Vitamin B2: 0.28mg (16.67%), Selenium: 11.14µg (15.91%), Phosphorus: 116.28mg (11.63%), Vitamin E: 1.42mg (9.5%), Calcium: 94.11mg (9.41%), Vitamin B5: 0.72mg (7.16%), Manganese: 0.14mg (6.9%), Folate: 24.99µg (6.25%), Vitamin C: 4.83mg (5.85%), Vitamin B12: 0.3µg (4.99%), Vitamin B1: 0.07mg (4.76%), Vitamin B6: 0.09mg (4.44%), Potassium: 154.43mg (4.41%), Iron: 0.79mg (4.4%), Fiber: 1.05g (4.18%), Zinc: 0.63mg (4.17%), Vitamin K: 3.84µg (3.66%), Copper: 0.06mg (3.13%), Magnesium: 12.37mg (3.09%), Vitamin B3: 0.53mg (2.63%), Vitamin D: 0.29µg (1.96%)