



Cranberry Swirl Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 0.3 cup rum (raspberry liqueur)
- ☐ 1.5 cups cranberries fresh
- ☐ 4 ounces cream cheese fat-free block-style softened
- ☐ 2 large egg whites
- ☐ 3 large eggs
- ☐ 4 ounces chocolate graham crackers
- ☐ 1 cup greek yogurt plain fat-free

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons water

Equipment

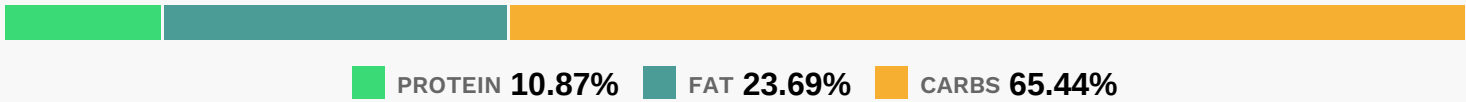
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 37
- ☐ Wrap outside and bottom of a 9-inch springform pan tightly with a double layer of heavy-duty foil.
- ☐ Place crackers in a food processor; process until finely ground.
- ☐ Drizzle with oil; pulse until combined. Press mixture into bottom and 1/2 inch up sides of prepared pan coated with cooking spray.
- ☐ Bake at 375 for 8 minutes; cool on a rack.
- ☐ Reduce oven temperature to 32

- ☐ Place cranberries, sugar, liqueur, and water in a saucepan; boil. Cook 8 minutes or until cranberries pop and mixture is syrupy. Cool 20 minutes.
- ☐ Place mixture in a food processor; process 1 minute or until smooth.
- ☐ Combine 1 cup sugar and cheeses in a large bowl; beat with a mixer at medium speed until smooth. Beat in yogurt, vanilla, and salt.
- ☐ Add whole eggs, 1 at a time, beating well after each addition.
- ☐ Place 2 egg whites in a medium bowl; beat with a mixer at high speed until soft peaks form using clean, dry beaters. Fold beaten egg whites into cream cheese mixture.
- ☐ Pour filling over crust. Spoon cranberry mixture over filling; swirl together using the tip of a knife.
- ☐ Place springform pan in a 13 x 9-inch metal baking pan.
- ☐ Add hot water to pan to a depth of 2 inches.
- ☐ Bake at 325 for 50 minutes or until center of cheesecake barely moves when pan is touched.
- ☐ Turn oven off. Cool cheesecake in closed oven 30 minutes.
- ☐ Remove cheesecake from oven. Run a knife around outside edge. Cool on a wire rack. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:23.02, Inflammation Score:-1, Nutrition Score:4.1704348066579%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 230.89kcal (11.54%), Fat: 5.91g (9.09%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 35.96g (13.08%), Sugar: 30.47g (33.86%), Cholesterol: 48.47mg (16.16%), Sodium: 186.86mg (8.12%), Alcohol: 1.51g (100%), Alcohol %: 1.84% (100%), Protein: 6.1g (12.2%), Phosphorus: 118.46mg (11.85%), Vitamin B2: 0.18mg (10.84%), Selenium: 7.23µg (10.33%), Calcium: 68.02mg (6.8%), Vitamin E: 0.91mg (6.08%), Vitamin B12: 0.32µg (5.38%), Zinc: 0.59mg (3.95%), Iron: 0.69mg (3.82%), Folate: 15.04µg (3.76%), Vitamin B5: 0.37mg (3.74%), Magnesium: 12.61mg (3.15%), Fiber: 0.77g (3.09%), Vitamin K: 3.18µg (3.03%), Potassium: 105.68mg (3.02%), Manganese: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.4%), Vitamin B3: 0.45mg (2.26%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.25µg (1.67%), Vitamin A: 80.68IU (1.61%), Copper: 0.03mg (1.56%)