



Creamy Vanilla Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



413 kcal

DESSERT

Ingredients

- ☐ 2.5 pounds cream cheese softened
- ☐ 5 large eggs at room temperature
- ☐ 1.3 cups graham cracker crumbs
- ☐ 1 cups berries mixed
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted melted for greasing pan

☐ 2 teaspoons vanilla extract pure

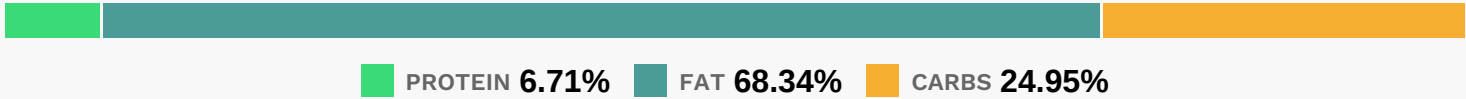
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Preheat oven to 350F. Grease inside of a 10-inch springform pan with about 1 tsp. butter, and then set it aside.
- ☐ Combine graham cracker crumbs and 1/4 cup sugar in a bowl, stirring with a fork until blended.
- ☐ Add butter and stir until incorporated. Press crumb mixture into bottom of prepared pan.
- ☐ Bake for 10 minutes; let cool on a wire rack.
- ☐ Make filling: Increase oven temperature to 450F. In bowl of an electric mixer, beat cream cheese and 1 cup sugar at high speed until fluffy, about 5 minutes.
- ☐ Add eggs all at once and mix at medium speed until thoroughly blended.
- ☐ Add sour cream and vanilla extract and mix until blended. Scrape batter into pan with crust and bake at 450F for 15 minutes. Do not open oven door. Reduce oven temperature to 200F and bake for 1 hour. Turn oven off; open oven door partially.
- ☐ Let cake cool inside oven for 1 hour.
- ☐ Chill cheesecake until cold, about 3 hours. Top with blackberries, blueberries and raspberries when ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:15.5, Inflammation Score:-6, Nutrition Score:5.9673913509949%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg, Delphinidin: 2.09mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 412.9kcal (20.65%), Fat: 31.87g (49.02%), Saturated Fat: 18.07g (112.93%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 25.68g (9.34%), Sugar: 20.96g (23.28%), Cholesterol: 144.12mg (48.04%), Sodium: 291.02mg (12.65%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 7.04g (14.09%), Vitamin A: 1203.63IU (24.07%), Selenium: 11.31µg (16.16%), Vitamin B2: 0.27mg (15.93%), Phosphorus: 127.72mg (12.77%), Calcium: 92.06mg (9.21%), Vitamin B5: 0.69mg (6.85%), Vitamin E: 0.96mg (6.38%), Vitamin B12: 0.32µg (5.3%), Zinc: 0.72mg (4.8%), Folate: 17.99µg (4.5%), Vitamin B6: 0.08mg (4.09%), Potassium: 143.13mg (4.09%), Iron: 0.65mg (3.63%), Vitamin K: 3.56µg (3.39%), Magnesium: 13.48mg (3.37%), Vitamin B1: 0.04mg (2.82%), Vitamin D: 0.38µg (2.56%), Fiber: 0.48g (1.94%), Vitamin B3: 0.39mg (1.93%), Copper: 0.03mg (1.63%), Manganese: 0.03mg (1.46%)