



WHATSheATE



Deep Strawberry Cheesecake

READY IN



90 min.

SERVINGS



10

CALORIES



527 kcal

DESSERT

Ingredients

- ☐ 100 g butter melted
- ☐ 13 digestive biscuits crumbs (graham crackers)
- ☐ 300 ml double cream
- ☐ 500 g mascarpone cheese
- ☐ 3 sprinkles
- ☐ 600 g strawberries
- ☐ 6 tbsp caster sugar
- ☐ 1 tsp vanilla extract

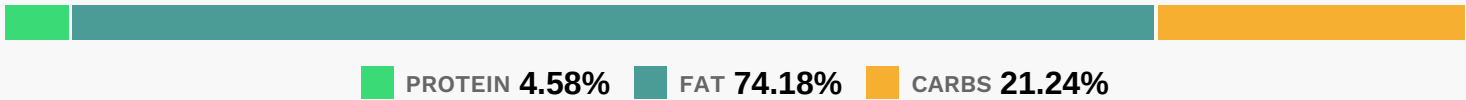
Equipment

- ☐ bowl
- ☐ cake form
- ☐ rolling pin

Directions

- ☐ Crush the biscuits in a bowl with the end of a rolling pin until they are fine crumbs, then mix in the melted butter.
- ☐ Pour the mix into a 20cm loose bottomed cake tin and press down firmly. Pop into the fridge until you need it.
- ☐ Whip up the mascarpone and double cream until thick.
- ☐ Whizz the strawberries up with the sugar and vanilla, until smooth.
- ☐ Fold the strawberry mix into the cream until well combined, then pour over the biscuit base and return to the fridge for a good hour.
- ☐ Top the cheesecake with a few reserved strawberries and sprinkles.note: although the cheesecake was delicious, it was quite soft set. Next time I make it I will add some veggie style gelatin for a firmer set, but you could cut down on the amount of strawberries added instead.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:6.39, Inflammation Score:-7, Nutrition Score:8.1152173799017%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 526.97kcal (26.35%), Fat: 43.65g (67.16%), Saturated Fat: 26.4g (165.01%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 26.3g (9.56%), Sugar: 15.85g (17.61%), Cholesterol: 105.6mg (35.2%), Sodium: 194.57mg (8.46%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 6.06g (12.12%), Vitamin C: 35.46mg (42.98%), Vitamin A: 1401.1IU (28.02%), Manganese: 0.38mg (18.97%), Calcium: 116.05mg (11.61%), Folate: 32.47µg (8.12%), Vitamin B2: 0.13mg (7.81%), Fiber: 1.82g (7.28%), Phosphorus: 68mg (6.8%), Vitamin E: 0.96mg (6.39%), Iron: 0.97mg (5.39%), Vitamin K: 5.59µg (5.32%), Vitamin B3: 1.07mg (5.32%), Vitamin B1: 0.07mg (4.61%), Potassium: 154.58mg (4.42%), Magnesium: 17.44mg (4.36%), Selenium: 2.44µg (3.48%), Vitamin B6: 0.07mg (3.38%), Vitamin D: 0.48µg (3.22%), Copper: 0.06mg (3.19%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.34mg (2.28%), Vitamin B12: 0.07µg (1.09%)