



2%
HEALTH SCORE

Dulce De Leche Cheesecake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



430 kcal

DESSERT

Ingredients

- 150 grams almonds
- 1 tablespoon cornstarch
- 450 grams cream cheese 13%
- 240 ml dulce de leche
- 2 eggs
- 1 juice of lemon
- 1 pinch salt
- 0.5 cup sugar organic

- 1.5 sticks butter unsalted organic cold cut into small pieces (if you use butter add a little 2 cups flour 1/2 cup sugar 1 teaspoon vanilla)
- 150 grams yogurt 5%

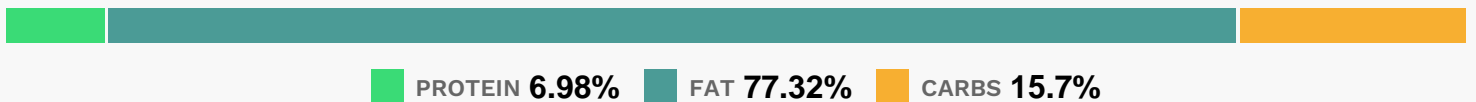
Equipment

- frying pan
- oven
- mixing bowl
- hand mixer

Directions

- Toss the cookie crumbs into the melted butter in a mixing bowl. Reserve 1 tablespoon of the mixture for the topping. Press the rest of the mixture onto the bottom and up 3cm high of a greased 24cm spring form pan. Chill until its ready for use. Using electric mixer beat balance cream cheese and sugar in a large mixing bowl until smooth.
- Add yogurt and eggs, beating until just blended. Stir in cornstarch, dulce de leche, lemon juice and zest until blended.
- Pour the mixture into the crust and sprinkle the top with reserved cookie crumbs. Steamed bake the cheesecake at 165C/330F for 65 minutes until almost set. Turn oven off. Leave the cake with the oven door ajar for 1 hour. Cool completely and chill at least 4 hours or overnight until firm.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:7.92, Inflammation Score:-6, Nutrition Score:8.8791304347826%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.43mg,

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Taste

Sweetness: 58.41%, Saltiness: 64.28%, Sourness: 54.77%, Bitterness: 27.05%, Savoriness: 12.58%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 429.82kcal (21.49%), Fat: 38.08g (58.58%), Saturated Fat: 18.96g (118.49%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 15.5g (5.64%), Sugar: 13.14g (14.6%), Cholesterol: 116.58mg (38.86%), Sodium: 166.79mg (7.25%), Protein: 7.73g (15.47%), Vitamin E: 4.73mg (31.51%), Vitamin A: 1090.63IU (21.81%), Vitamin B2: 0.34mg (20.24%), Manganese: 0.35mg (17.63%), Phosphorus: 156.39mg (15.64%), Magnesium: 47.95mg (11.99%), Calcium: 111.44mg (11.14%), Selenium: 7.77µg (11.1%), Copper: 0.17mg (8.73%), Fiber: 1.89g (7.56%), Zinc: 0.91mg (6.09%), Potassium: 212.13mg (6.06%), Vitamin B5: 0.54mg (5.43%), Vitamin B12: 0.26µg (4.36%), Iron: 0.78mg (4.34%), Folate: 16.94µg (4.24%), Vitamin B6: 0.07mg (3.37%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.61mg (3.06%), Vitamin D: 0.45µg (2.97%), Vitamin K: 2.19µg (2.08%), Vitamin C: 1.24mg (1.5%)