



Easy Cheesecake

READY IN



255 min.

SERVINGS



8

CALORIES



352 kcal

Ingredients

- ☐ 1 serving shortening (to grease pie plate)
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon almond extract
- ☐ 1 cup sugar
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 eggs
- ☐ 16 ounces cream cheese softened
- ☐ 3 tablespoons oz. bacon into pieces your favorite
- ☐ 1 cup poached berries fresh

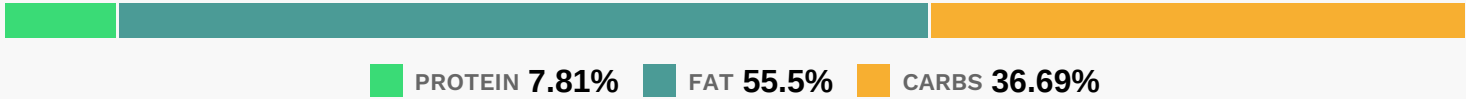
Equipment

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ cutting board
- ☐ pastry brush
- ☐ pot holder

Directions

- ☐ Heat the oven to 325°F. Grease the pie plate with the shortening, using the pastry brush. Save pie plate for later (you will need it in step 3).
- ☐ Put the milk, almond extract, sugar, flour and salt in the blender. Crack the eggs on side of blender, letting eggs slip into blender. Cover blender with lid. Blend on high speed for about 15 seconds.
- ☐ Cut the cream cheese into little cubes on the cutting board, using the table knife.
- ☐ Add cream cheese to blender. Cover blender with lid. Blend 1 minute.
- ☐ Pour the mixture into the greased pie plate.
- ☐ Bake for 48 to 52 minutes or until the cheesecake is slightly jiggly when pie plate is shaken. Use the pot holders to take pie plate out of oven, and place it on the wire cooling rack.
- ☐ Let cheesecake cool for 1 hour. Put cheesecake in the refrigerator for at least 2 hours but no longer than 48 hours.
- ☐ Cut cheesecake into 8 slices, using the sharp knife.
- ☐ Put the slices on the dessert plates.
- ☐ Drizzle the ice cream topping over slices of cheesecake. If you like, sprinkle the berries over top of cheesecake slices.
- ☐ Serve right away. Cover any leftover cheesecake with the plastic wrap, and put it in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:19.74, Inflammation Score:-5, Nutrition Score:5.253478301608%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg, Petunidin: 3.52mg Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg, Delphinidin: 4.18mg Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg, Malvidin: 9.62mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 352.05kcal (17.6%), Fat: 22.19g (34.14%), Saturated Fat: 12.64g (79.02%), Carbohydrates: 33g (11%), Net Carbohydrates: 32.43g (11.79%), Sugar: 29.9g (33.22%), Cholesterol: 104.68mg (34.89%), Sodium: 426.95mg (18.56%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 7.02g (14.05%), Vitamin A: 866.84IU (17.34%), Vitamin B2: 0.23mg (13.74%), Selenium: 9.49µg (13.56%), Phosphorus: 109.72mg (10.97%), Calcium: 91.49mg (9.15%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.35µg (5.77%), Vitamin E: 0.72mg (4.78%), Vitamin K: 4.54µg (4.33%), Potassium: 137.7mg (3.93%), Vitamin B6: 0.08mg (3.84%), Folate: 15.06µg (3.77%), Zinc: 0.55mg (3.66%), Vitamin B1: 0.05mg (3.41%), Vitamin D: 0.47µg (3.14%), Manganese: 0.05mg (2.67%), Magnesium: 10.58mg (2.65%), Fiber: 0.57g (2.3%), Iron: 0.39mg (2.17%), Vitamin B3: 0.3mg (1.48%), Copper: 0.03mg (1.47%)