



Eggless Blueberry and White Chocolate Baked Cheesecake

READY IN



90 min.

SERVINGS



12

CALORIES



587 kcal

DESSERT

Ingredients

- 1 cup flour plain with a little flour
- 0.3 cup butter melted
- 1 tbsp cornstarch
- 500 g cream cheese at room temperature
- 2.5 cups digestive biscuits crumbs crushed
- 1.3 cups double cream
- 1.5 cups granulated sugar
- 0.3 cup juice of lemon

- 500 g ricotta cheese
- 1.5 tsps vanilla extract
- 0.5 cup chocolate white melted

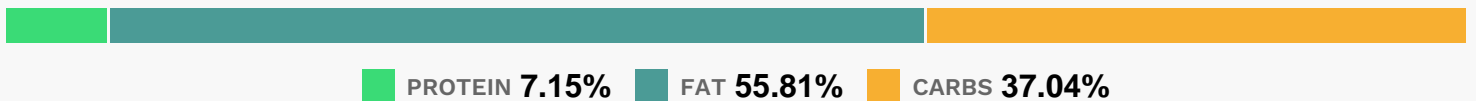
Equipment

- oven

Directions

- Combine the crushed digestive biscuits with the melted butter and mix thoroughly. Firmly press the mixture into a greased 10 inch springform tin. Method for the filling: Beat together all of the ingredients (excluding the blueberries) until it has thickened. Kurma suggests not to overmix this.
- Pour of the mixture on top of the crust and scatter on the blueberries.
- Pour the rest of the cheese mixture over the blueberries. This method protects the blueberries from burning in the oven and the flour they are dusted in will stop them from sinking to the bottom of the cheesecake during cooking.
- Bake at 180 degrees Celsius for 1 hours until set (I left mine for 1 hour because my fan oven cooks things a little quicker). Allow to cool and refrigerate for at least 8 hours.
- Cut into (extra) large wedges and serve.

Nutrition Facts



Properties

Glycemic Index: 26.59, Glycemic Load: 26.44, Inflammation Score: -7, Nutrition Score: 9.2078260869565%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 586.69kcal (29.33%), Fat: 36.94g (56.84%), Saturated Fat: 21.76g (135.98%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 54.25g (19.73%), Sugar: 35.25g (39.17%), Cholesterol: 104.54mg (34.85%), Sodium:

299.26mg (13.01%), Protein: 10.64g (21.28%), Vitamin A: 1254.32IU (25.09%), Selenium: 15.52µg (22.17%), Vitamin B2: 0.36mg (21.01%), Phosphorus: 180.85mg (18.09%), Calcium: 171.96mg (17.2%), Folate: 46.68µg (11.67%), Manganese: 0.22mg (11.14%), Vitamin B1: 0.15mg (10.25%), Iron: 1.41mg (7.84%), Vitamin B3: 1.54mg (7.71%), Vitamin E: 1.09mg (7.27%), Zinc: 1.05mg (6.99%), Vitamin B5: 0.58mg (5.81%), Potassium: 189.87mg (5.42%), Vitamin K: 5.54µg (5.28%), Vitamin B12: 0.31µg (5.24%), Magnesium: 20.72mg (5.18%), Vitamin B6: 0.09mg (4.44%), Fiber: 0.91g (3.65%), Copper: 0.07mg (3.54%), Vitamin C: 2.81mg (3.41%), Vitamin D: 0.51µg (3.38%)