



Eggless Cardamom and Chocolate Cheesecake

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



504 kcal

DESSERT

Ingredients

- 1 tsp double-acting baking powder
- 0.3 cup butter at room temperature
- 0.5 tsp cardamom
- 0.3 cup cocoa powder sifted
- 1 tbsp cornstarch
- 500 g cream cheese at room temperature
- 1.3 cups double cream

- 0.3 cup juice of lemon
- 1 cup flour plain
- 500 g ricotta cheese
- 0.3 cup sugar
- 1.5 cups sugar
- 1.5 tsps vanilla extract

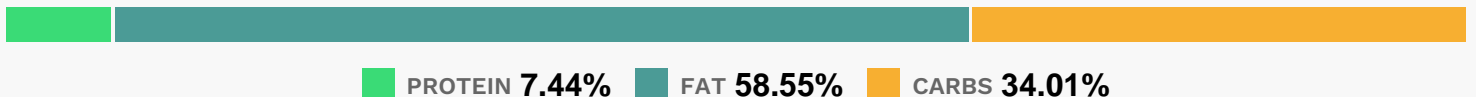
Equipment

- bowl
- oven

Directions

- Combine the flour mixture with the butter mixture quickly with cold hands or a fork. Press the mixture into a greased 10 inch springform tin. Method for the filling: Beat together all of the ingredients excluding the cocoa powder and ground cardamom until it has thickened. Kurma suggests not to overmix this.
- Place half of the mixture into a separate bowl and add the cocoa powder and cardamom powder.
- Combine thoroughly.
- Place the white layer of filling over the uncooked base and finally the chocolate filling over the white layer.
- 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 day. You will just have to resist the temptation of diving right in!

Nutrition Facts



Properties

Glycemic Index:34.68, Glycemic Load:27.18, Inflammation Score:-7, Nutrition Score:8.1765217391304%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg 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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Taste

Sweetness: 100%, Saltiness: 65.19%, Sourness: 83%, Bitterness: 41.74%, Savoriness: 7.18%, Fattiness: 89.04%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 503.74kcal (25.19%), Fat: 33.67g (51.8%), Saturated Fat: 20.6g (128.74%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 42.79g (15.56%), Sugar: 31.87g (35.41%), Cholesterol: 103.38mg (34.46%), Sodium: 245.2mg (10.66%), Caffeine: 5.49mg (1.83%), Protein: 9.62g (19.25%), Vitamin A: 1252.32IU (25.05%), Selenium: 14.54µg (20.77%), Calcium: 173.49mg (17.35%), Vitamin B2: 0.29mg (17.22%), Phosphorus: 164.88mg (16.49%), Manganese: 0.2mg (9.85%), Folate: 31.13µg (7.78%), Vitamin B1: 0.11mg (7.07%), Zinc: 1.01mg (6.72%), Copper: 0.13mg (6.44%), Magnesium: 25.27mg (6.32%), Iron: 1.12mg (6.25%), Potassium: 181.8mg (5.19%), Vitamin E: 0.78mg (5.17%), Fiber: 1.22g (4.86%), Vitamin B12: 0.28µg (4.73%), Vitamin B5: 0.46mg (4.6%), Vitamin B3: 0.78mg (3.88%), Vitamin C: 2.8mg (3.39%), Vitamin D: 0.51µg (3.38%), Vitamin B6: 0.06mg (3.07%), Vitamin K: 2.6µg (2.48%)