



Fresh Cream Cheesecake with Summer Berries



Vegetarian



Gluten Free

READY IN



255 min.

SERVINGS



8

CALORIES



594 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 1.5 cups confectioners' sugar sifted
- ☐ 1 pound cream cheese at room temperature
- ☐ 2.5 cups heavy cream
- ☐ 0.3 juice of lime
- ☐ 0.5 lime
- ☐ 1 teaspoon lime zest

- ☐ 1 cup raspberries fresh
- ☐ 1 cup strawberries fresh halved sliced
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ blender
- ☐ colander
- ☐ cheesecloth

Directions

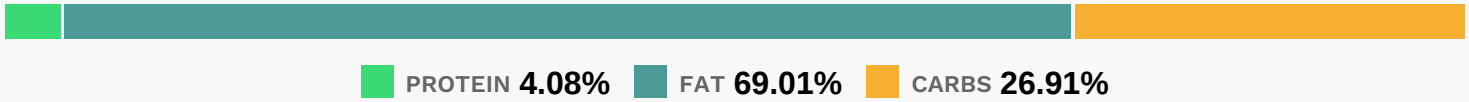
- ☐ For the cheesecake: Line a medium (about 8-inches wide) sieve, fine strainer or colander with a double layer of damp cheesecloth and set over a bowl.
- ☐ Beat the cream cheese in a large bowl with a hand-held mixer on medium speed until smooth.
- ☐ Add the sugar, lime zest and juice, and vanilla. Beat until light and fluffy, scraping the sides of the bowl and beaters as needed.
- ☐ In another bowl, beat the cream just until it holds a stiff peak. Stir about 1/3 of the whipped cream into the cream cheese mixture to lighten the cream cheese. Gradually fold in the remaining whipped cream to make a light mousse.
- ☐ Transfer mixture into the lined sieve and fold the cheesecloth over top and press gently. Cover and refrigerate to drain for at least 4 hours or up to 3 days.
- ☐ Just before serving, prepare the berries: Cook about half of the blueberries in a small skillet with the water and sugar, over medium heat until the berries get juicy, about 8 minutes. Toss all the berries together in a large bowl, along with a squeeze of fresh lime juice.
- ☐ Unwrap the cheesecake and invert onto a platter. (Discard the cheesecloth.) Use a large ladle or spoon to press a well in the center of the cake. Spoon the berries into the well and drizzle

the juices over the top or serve on the side.

☐

Serve a scoop of summer cheesecake with some of the fresh berries.

Nutrition Facts



Properties

Glycemic Index:33.39, Glycemic Load:5.46, Inflammation Score:-8, Nutrition Score:9.3621739097263%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 11.73mg, Petunidin: 11.73mg, Petunidin: 11.73mg, Petunidin: 11.73mg Delphinidin: 13.36mg, Delphinidin: 13.36mg, Delphinidin: 13.36mg, Delphinidin: 13.36mg Malvidin: 25.03mg, Malvidin: 25.03mg, Malvidin: 25.03mg, Malvidin: 25.03mg Pelargonidin: 4.62mg, Pelargonidin: 4.62mg, Pelargonidin: 4.62mg, Pelargonidin: 4.62mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 594.19kcal (29.71%), Fat: 46.65g (71.76%), Saturated Fat: 28.58g (178.6%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 38.56g (14.02%), Sugar: 35.75g (39.72%), Cholesterol: 141.31mg (47.1%), Sodium: 199.9mg (8.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin A: 1884.71IU (37.69%), Vitamin C: 20.22mg (24.5%), Vitamin B2: 0.3mg (17.7%), Manganese: 0.3mg (15.14%), Phosphorus: 117.89mg (11.79%), Vitamin K: 12.31µg (11.73%), Calcium: 115.13mg (11.51%), Selenium: 7.42µg (10.6%), Vitamin E: 1.58mg (10.52%), Fiber: 2.35g (9.41%), Vitamin D: 1.19µg (7.93%), Potassium: 230.68mg (6.59%), Vitamin B5: 0.64mg (6.42%), Vitamin B6: 0.1mg (4.81%), Magnesium: 18.63mg (4.66%), Folate: 18.25µg (4.56%), Zinc: 0.62mg (4.13%), Vitamin B12: 0.24µg (4.06%), Vitamin B1: 0.05mg (3.49%), Copper: 0.07mg (3.41%), Iron: 0.46mg (2.56%), Vitamin B3: 0.42mg (2.12%)