



WHATSheATE



Fresh Strawberry Topped Cheesecake

READY IN



660 min.

SERVINGS



16

CALORIES



361 kcal

DESSERT

Ingredients

- ☐ 2 cups vanilla wafers crushed finely (55 cookies)
- ☐ 0.3 cup butter melted
- ☐ 24 oz cream cheese softened
- ☐ 0.8 cup sugar
- ☐ 3 eggs
- ☐ 1 cup whipping cream
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon vanilla
- ☐ 1 quart strawberries fresh sliced in half lengthwise (3 cups)

☐ 0.5 cup strawberries for strawberries (from 13.5 oz container)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat oven to 325°F. Wrap outside of 9-inch springform pan with foil to prevent leaking. Spray inside bottom and side of pan with cooking spray. In small bowl, mix crust ingredients. Press crust mixture on bottom and 1 inch up sides of pan.
- ☐ Bake crust 6 to 8 minutes or until set.
- ☐ In large bowl, beat cream cheese with electric mixer on medium speed until fluffy. Gradually beat in sugar until smooth. Beat in eggs, one at a time, just until blended. On low, beat in whipping cream, flour and vanilla until smooth.
- ☐ Pour over crust.
- ☐ Bake 1 hour to 1 hour 10 minutes or until edge of cheesecake is set at least 2 inches from edge of pan but center of cheesecake still jiggles slightly when moved. Run small metal spatula around edge of pan to loosen cheesecake. Turn oven off; open oven door at least 4 inches.
- ☐ Let cheesecake remain in oven 30 minutes. Cool in pan on cooling rack 30 minutes. Refrigerate at least 8 hours or overnight before serving.
- ☐ Just before serving, run metal spatula around edge of pan; carefully remove foil and side of pan. In medium bowl, mix together strawberries and glaze. Arrange strawberries on top of cheesecake.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:16.73, Inflammation Score:-6, Nutrition Score:7.9547825792561%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.82mg, Pelargonidin: 15.82mg, Pelargonidin: 15.82mg, Pelargonidin: 15.82mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 360.83kcal (18.04%), Fat: 26.26g (40.4%), Saturated Fat: 13.66g (85.35%), Carbohydrates: 27.89g (9.29%), Net Carbohydrates: 26.39g (9.6%), Sugar: 18.91g (21.01%), Cholesterol: 90.59mg (30.2%), Sodium: 238.75mg (10.38%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 5.18g (10.37%), Vitamin C: 37.52mg (45.48%), Vitamin A: 968.82IU (19.38%), Manganese: 0.26mg (13.01%), Vitamin B2: 0.22mg (12.77%), Selenium: 7.26µg (10.38%), Folate: 37.43µg (9.36%), Phosphorus: 93.36mg (9.34%), Calcium: 67.2mg (6.72%), Vitamin B1: 0.1mg (6.45%), Fiber: 1.49g (5.96%), Vitamin E: 0.88mg (5.9%), Potassium: 193.63mg (5.53%), Vitamin B5: 0.49mg (4.94%), Vitamin B6: 0.07mg (3.69%), Magnesium: 14.48mg (3.62%), Vitamin B3: 0.71mg (3.57%), Vitamin B12: 0.19µg (3.24%), Zinc: 0.45mg (3.01%), Iron: 0.52mg (2.86%), Vitamin D: 0.4µg (2.69%), Vitamin K: 2.8µg (2.66%), Copper: 0.05mg (2.4%)