



## Frozen Pistachio Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



1231 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 0.5 cup butter softened
- 1 cup brown edge wafer cookie crumbs
- 32 ounce cream cheese softened
- 1 cup pistachios
- 8 servings garnish: additional pistachio nuts
- 0.7 cup powdered sugar sifted
- 3 tablespoons sugar
- 2 teaspoons vanilla extract

- 0.7 cup whipping cream
- 12 ounces chocolate white finely chopped

## Equipment

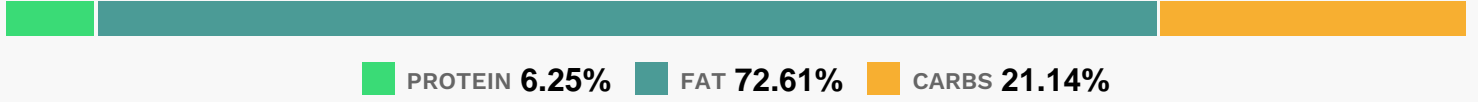
- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- hand mixer
- spatula
- springform pan

## Directions

- Position knife blade in food processor bowl; add 1 cup pistachio nuts. Process until chopped.
- Add wafer cookie crumbs, 3 tablespoons sugar, and melted butter. Pulse 4 or 5 times or until blended.
- Press crumb mixture onto bottom and 1 1/2" up sides of a lightly greased 9" springform pan.
- Bake at 350 for 12 minutes or until lightly browned. Cool completely on a wire rack.
- Bring whipping cream to a simmer in a heavy saucepan over medium heat.
- Remove from heat, and add chopped white chocolate.
- Let stand 2 to 3 minutes. Stir gently with a rubber spatula until smooth.
- Beat cream cheese and softened butter at medium speed of an electric mixer until creamy.
- Add powdered sugar, and beat until light and fluffy.
- Add melted white chocolate mixture and vanilla; beat 3 minutes or until very smooth.
- Pour batter into prepared crust. Cover and freeze until firm or up to 1 week.
- Let stand at room temperature about 30 minutes before serving.

- Remove sides of pan.
- Garnish cheesecake, if desired.
- Cut frozen cheesecake with a sharp knife, dipping knife in hot water and wiping it dry between each slice.

## Nutrition Facts



### Properties

Glycemic Index:33.39, Glycemic Load:28.74, Inflammation Score:-9, Nutrition Score:20.811738988628%

### Flavonoids

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

### Nutrients (% of daily need)

Calories: 1230.67kcal (61.53%), Fat: 101.83g (156.66%), Saturated Fat: 43.09g (269.31%), Carbohydrates: 66.71g (22.24%), Net Carbohydrates: 61.99g (22.54%), Sugar: 50.35g (55.95%), Cholesterol: 145.87mg (48.62%), Sodium: 667.57mg (29.02%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 19.71g (39.42%), Vitamin A: 2863.81IU (57.28%), Phosphorus: 433.97mg (43.4%), Vitamin B6: 0.84mg (42.14%), Vitamin B1: 0.48mg (32.05%), Vitamin B2: 0.54mg (31.71%), Copper: 0.63mg (31.25%), Manganese: 0.59mg (29.65%), Calcium: 262.23mg (26.22%), Vitamin E: 3.6mg (24.01%), Selenium: 16.16µg (23.08%), Potassium: 757.44mg (21.64%), Fiber: 4.72g (18.86%), Magnesium: 71.76mg (17.94%), Zinc: 1.95mg (12.98%), Iron: 2.33mg (12.94%), Vitamin B5: 1.24mg (12.39%), Folate: 46.46µg (11.61%), Vitamin B12: 0.54µg (9.05%), Vitamin K: 8.26µg (7.87%), Vitamin B3: 1.42mg (7.08%), Vitamin C: 2.81mg (3.4%), Vitamin D: 0.32µg (2.12%)