



Frozen raspberry & white choc cheesecake



Gluten Free



Popular

READY IN



80 min.

SERVINGS



15

CALORIES



491 kcal

DESSERT

Ingredients

- ☐ 200 ml double cream
- ☐ 200 g chocolate white
- ☐ 300 g raspberries
- ☐ 500 g cream cheese
- ☐ 50 g brown sugar
- ☐ 300 g ice-cream chocolate shell white good
- ☐ 175 g crunchy peanut butter
- ☐ 140 g nuts

☐ 140 g butter melted

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ whisk

☐ mixing bowl

☐ sieve

Directions

☐ Brush a 20 x 30cm baking tin with a little oil, then line well with two layers of cling film, leaving overhang for lifting out or use a tin with a loose bottom.

☐ Put the biscuits into a food processor and whizz to crumbs, then tip in the melted butter and mix again. Press the crumbs firmly into the base of the prepared tin, then chill while you make the filling.

☐ Put the cream and chocolate in a small pan. Melt very gently, stirring, until no lumps of chocolate remain. Clean out the food processor and add the raspberries and creamy chocolate mixture. Whizz together until it can't get any smoother, then rub through a sieve to get rid of the raspberry seeds.

☐ Put the cream cheese into a mixing bowl with the sugar and the sieved raspberry mixture. Beat with an electric whisk until smooth.

☐ Let the ice cream soften in a big bowl, but not melt, then fold in the cream cheese mixture a little at a time until well mixed and no ice-cream lumps are visible.

☐ Scrape into the prepared tin and level the top. Cover with cling film, not letting it touch the top of the cheesecake, then freeze at least overnight or up to 3 months before serving.

☐ To serve, remove the covering cling film, lift out the cheesecake, or slide out if in a loose-bottomed tin.

☐ Remove any remaining cling film. Decorate the top with fresh raspberries and drizzle with a little more melted white chocolate.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:9.44, Inflammation Score:-6, Nutrition Score:9.7695651365363%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 491.48kcal (24.57%), Fat: 41.12g (63.26%), Saturated Fat: 20.1g (125.61%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 22.95g (8.35%), Sugar: 19.7g (21.88%), Cholesterol: 78.49mg (26.16%), Sodium: 254.45mg (11.06%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.72g (17.44%), Manganese: 0.56mg (27.99%), Vitamin A: 973.28IU (19.47%), Phosphorus: 174.3mg (17.43%), Magnesium: 55.89mg (13.97%), Fiber: 3.34g (13.36%), Vitamin B2: 0.22mg (12.98%), Copper: 0.25mg (12.44%), Vitamin B3: 2.35mg (11.74%), Vitamin E: 1.72mg (11.49%), Calcium: 111.31mg (11.13%), Potassium: 324.19mg (9.26%), Zinc: 1.19mg (7.91%), Selenium: 5.5µg (7.86%), Vitamin B5: 0.74mg (7.39%), Folate: 27.58µg (6.9%), Vitamin C: 5.56mg (6.74%), Vitamin B6: 0.13mg (6.54%), Iron: 1mg (5.55%), Vitamin K: 4.67µg (4.45%), Vitamin B1: 0.06mg (4.34%), Vitamin B12: 0.24µg (4.06%), Vitamin D: 0.25µg (1.7%)