

Taste of Home

German Cheesecake

 Vegetarian

READY IN



80 min.

SERVINGS



16

CALORIES



269 kcal

DESSERT

Ingredients

- 0.5 cup graham cracker crumbs
- 2 cups curd cottage cheese 4%
- 16 ounces cream cheese softened
- 1 cup sugar
- 1 tablespoon juice of lemon
- 1 teaspoon vanilla extract
- 0.3 cup flour all-purpose
- 2 cups cream sour

4 large eggs lightly beaten room temperature

Equipment

food processor

bowl

frying pan

oven

knife

wire rack

blender

springform pan

Directions

Sprinkle the crumbs over the bottom and up the sides of a greased 10-in. springform pan. In a blender or food processor, puree cottage cheese; set aside.

In a bowl, beat cream cheese and sugar. Beat in lemon juice, vanilla, flour, sour cream and pureed cottage cheese.

Add eggs; beat on low speed just until blended.

Pour into pan.

Bake at 325° for 60–70 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan; cool 1 hour longer. Refrigerate overnight. Slice with a wet knife.

Nutrition Facts



PROTEIN 11.07% **FAT 59.62%** **CARBS 29.31%**

Properties

Glycemic Index:17.07, Glycemic Load:11.9, Inflammation Score:-4, Nutrition Score:4.9013043512469%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg,

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 269kcal (13.45%), Fat: 18.06g (27.78%), Saturated Fat: 9.55g (59.7%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 19.83g (7.21%), Sugar: 15.99g (17.76%), Cholesterol: 96.9mg (32.3%), Sodium: 222.16mg (9.66%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 7.54g (15.09%), Selenium: 10.82µg (15.45%), Vitamin B2: 0.24mg (13.85%), Vitamin A: 666.95IU (13.34%), Phosphorus: 129.35mg (12.94%), Calcium: 89.56mg (8.96%), Vitamin B5: 0.62mg (6.17%), Vitamin B12: 0.36µg (5.92%), Folate: 18.51µg (4.63%), Zinc: 0.58mg (3.85%), Potassium: 128.31mg (3.67%), Vitamin E: 0.51mg (3.4%), Vitamin B6: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.1%), Magnesium: 11.25mg (2.81%), Iron: 0.5mg (2.76%), Vitamin D: 0.28µg (1.86%), Copper: 0.03mg (1.61%), Vitamin B3: 0.31mg (1.53%), Manganese: 0.02mg (1.24%), Vitamin K: 1.07µg (1.02%)