



Ginger-Pear Cheesecake

READY IN



45 min.

SERVINGS



12

CALORIES



480 kcal

DESSERT

Ingredients

- 24 oz cream cheese at room temperature
- 2 tablespoons crystallized ginger chopped
- 4 large eggs
- 1.5 cups gingersnaps
- 30 oz pear halves packed in juice, drained canned
- 1 pinch salt
- 1 cup heavy whipping cream sour
- 1 cup sugar
- 6 tablespoons butter unsalted melted

- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- roasting pan
- aluminum foil
- springform pan

Directions

- Position a rack in middle of oven and preheat to 350F. Butter a 9-inch springform pan and wrap outside with foil.
- Make crust: Stir together crumbs and butter with a fork. Press mixture onto bottom of pan and bake until set, 8 to 10 minutes. Cool on a wire rack. Reduce temperature to 325F.
- Make filling: Blend sugar and ginger in a food processor until ground.
- Add pears and blend until smooth. In separate bowl, beat cream cheese until fluffy.
- Add sour cream and beat until smooth. Gradually add sugar mixture, scraping down sides of bowl, and beat until smooth. Beat in eggs one at a time, then beat in vanilla and salt.
- Pour filling into springform pan, set in a roasting pan, place in oven and pour in enough boiling water to reach halfway up sides of pan.
- Bake for 75 to 80 minutes, until center is almost set but jiggles slightly.
- Remove from oven and let cool on wire rack in water bath for 15 minutes, then remove pan to rack to cool.
- Remove foil and refrigerate cheesecake, loosely covered, until chilled, at least 12 hours.
- Remove pan sides, cut cake into wedges and serve.

Nutrition Facts



■ PROTEIN 5.82% ■ FAT 58.61% ■ CARBS 35.57%

Properties

Glycemic Index:11.15, Glycemic Load:15.63, Inflammation Score:-6, Nutrition Score:8.2152174037436%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 480.06kcal (24%), Fat: 32.02g (49.27%), Saturated Fat: 17.87g (111.68%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 41.22g (14.99%), Sugar: 30.51g (33.9%), Cholesterol: 145.62mg (48.54%), Sodium: 291.19mg (12.66%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 7.16g (14.32%), Vitamin A: 1163.81IU (23.28%), Vitamin B2: 0.3mg (17.91%), Selenium: 11.66µg (16.66%), Manganese: 0.27mg (13.42%), Phosphorus: 130.16mg (13.02%), Calcium: 102.83mg (10.28%), Fiber: 2.51g (10.03%), Folate: 31.55µg (7.89%), Iron: 1.41mg (7.83%), Vitamin E: 1.12mg (7.47%), Vitamin B5: 0.74mg (7.39%), Potassium: 255.39mg (7.3%), Copper: 0.13mg (6.47%), Vitamin B12: 0.33µg (5.42%), Magnesium: 21.08mg (5.27%), Vitamin K: 5.49µg (5.23%), Vitamin B6: 0.1mg (5.13%), Zinc: 0.72mg (4.79%), Vitamin B1: 0.06mg (4.05%), Vitamin C: 3.22mg (3.9%), Vitamin B3: 0.66mg (3.29%), Vitamin D: 0.44µg (2.92%)