



Golden Raisin Cheesecake

 Vegetarian

READY IN



360 min.

SERVINGS



8

CALORIES



501 kcal

DESSERT

Ingredients

- 0.5 cup almonds finely chopped
- 1.5 pounds creamed cottage cheese
- 6 eggs separated
- 0.3 cup flour all-purpose sifted
- 0.5 cup golden raisins
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 0.3 cup olive oil

- 0.1 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 6 ounce zwieback toast crushed
- 1 cup sugar white

Equipment

- food processor
- bowl
- frying pan
- oven
- mixing bowl
- sieve
- springform pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9-inch springform pan with olive oil, and dust with zwieback crumbs.
- In a large bowl, combine remaining zwieback crumbs, 1/4 cup white sugar, chopped almonds, and olive oil. Press into the bottom of the prepared pan.
- Bake in preheated oven for 7 minutes; set aside to cool.
- Process cottage cheese in food processor until smooth, or press through a fine sieve. In a mixing bowl, combine cottage cheese, 1/2 cup white sugar, flour, salt, egg yolks, sour cream, lemon peel, and lemon juice. Beat at medium speed, scraping the bowl often, until smooth and well blended.
- In a clean mixing bowl, beat the egg whites until foamy. Gradually add the remaining 1/4 cup white sugar, and continue beating until stiff peaks form. Fold into the cheese mixture. Fold in the raisins.
- Spread batter evenly into the crust.
- Bake in preheated oven until center is set, about 90 minutes. Cool in the pan. Chill cheesecake for at least 4 hours or overnight.

Nutrition Facts

PROTEIN 14.74% FAT 43.3% CARBS 41.96%

Properties

Glycemic Index:29.84, Glycemic Load:24.34, Inflammation Score:-5, Nutrition Score:13.930869496387%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 501.05kcal (25.05%), Fat: 24.61g (37.87%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 51.45g (18.71%), Sugar: 35.32g (39.24%), Cholesterol: 154.39mg (51.46%), Sodium: 487.64mg (21.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.71%), Selenium: 27.95µg (39.93%), Vitamin B2: 0.55mg (32.61%), Phosphorus: 302.65mg (30.26%), Vitamin E: 3.86mg (25.74%), Manganese: 0.36mg (18.22%), Calcium: 174.64mg (17.46%), Folate: 62.53µg (15.63%), Vitamin B5: 1.22mg (12.19%), Vitamin B1: 0.18mg (12.14%), Vitamin B12: 0.72µg (12.07%), Magnesium: 47.9mg (11.98%), Iron: 2.1mg (11.68%), Copper: 0.22mg (10.86%), Potassium: 344.71mg (9.85%), Vitamin A: 477.3IU (9.55%), Zinc: 1.35mg (8.99%), Fiber: 2.22g (8.88%), Vitamin B6: 0.17mg (8.42%), Vitamin B3: 1.64mg (8.19%), Vitamin C: 4.47mg (5.41%), Vitamin K: 5.65µg (5.38%), Vitamin D: 0.75µg (4.97%)