



Green Chile Cheesecake

READY IN



345 min.

SERVINGS



20

CALORIES



345 kcal

Ingredients

- ☐ 1 cup breadcrumbs plain
- ☐ 0.5 cup parmesan fresh shredded
- ☐ 1.5 teaspoons chili powder
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon cooking oil
- ☐ 0.5 cup onion red chopped
- ☐ 2 tablespoons juice of lime
- ☐ 3 garlic clove minced
- ☐ 1 cup corn frozen thawed
- ☐ 4 oz chilis green chopped canned

- ☐ 2 teaspoons cumin
- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon sauce of the chicken from the turbo broiler
- ☐ 24 oz cream cheese softened
- ☐ 0.5 cup cream sour
- ☐ 3 eggs
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 7 small cherry tomatoes halved
- ☐ 24 oz cornbread

Equipment

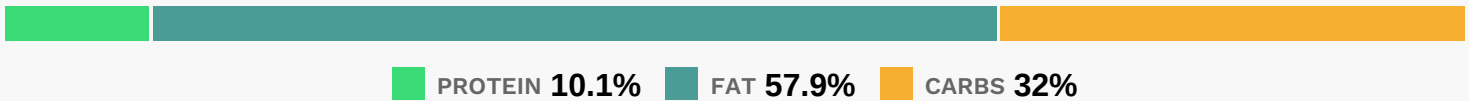
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Heat oven to 325°F. In medium bowl, combine bread crumbs, Parmesan cheese and chili powder; mix well. Stir in melted butter. Pat in bottom and 1 inch up sides of ungreased 9-inch springform pan. Set aside.
- ☐ Heat oil in medium skillet over medium heat until hot.
- ☐ Add onion; stir to coat.
- ☐ Add lime juice; cook 4 to 5 minutes or until onion has softened, stirring frequently.
- ☐ Add garlic; cook and stir 30 to 60 seconds or until fragrant.
- ☐ Remove from heat.
- ☐ Add corn, chiles, cumin, salt and hot pepper sauce; mix well. Set aside.

- ☐ Beat cream cheese in large bowl on medium speed until fluffy. Beat in sour cream. Reduce speed to low; beat in eggs one at a time, scraping down sides of bowl after each addition. Stir in Monterey Jack cheese. Stir in chile mixture.
- ☐ Pour into crust-lined pan.
- ☐ Bake at 325°F. for 55 to 65 minutes or just until center of cheesecake is set. Cool cheesecake in pan on wire rack for 1 hour. Cover; refrigerate at least 3 hours before serving.
- ☐ Just before serving, run knife around edge of cheesecake to loosen; remove sides of pan. Arrange halved tomatoes around edge of cheesecake.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:8.374347842258%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 345.06kcal (17.25%), Fat: 22.51g (34.63%), Saturated Fat: 12.01g (75.09%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 26.44g (9.61%), Sugar: 7.69g (8.54%), Cholesterol: 94.52mg (31.51%), Sodium: 656.41mg (28.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Phosphorus: 251.86mg (25.19%), Calcium: 178.18mg (17.82%), Vitamin A: 803.15IU (16.06%), Selenium: 11.13µg (15.91%), Vitamin B2: 0.24mg (14.4%), Folate: 40.4µg (10.1%), Vitamin B1: 0.15mg (9.76%), Manganese: 0.17mg (8.72%), Iron: 1.46mg (8.1%), Vitamin B3: 1.34mg (6.68%), Fiber: 1.55g (6.2%), Zinc: 0.92mg (6.15%), Vitamin B5: 0.62mg (6.15%), Vitamin C: 4.88mg (5.91%), Vitamin E: 0.87mg (5.81%), Vitamin B6: 0.12mg (5.81%), Vitamin B12: 0.32µg (5.41%), Potassium: 184.16mg (5.26%), Magnesium: 20.21mg (5.05%), Vitamin K: 3.69µg (3.51%), Copper: 0.07mg (3.42%), Vitamin D: 0.18µg (1.19%)