



Green Chile Cheesecake

READY IN



345 min.

SERVINGS



20

CALORIES



402 kcal

Ingredients

- 1 cup breadcrumbs plain
- 0.3 cup butter melted
- 7 small cherry tomatoes halved
- 9 oz chilis green chopped canned
- 1.5 teaspoons chili powder
- 24 oz round buttery crackers
- 24 oz cream cheese softened
- 2 teaspoons cumin
- 3 eggs
- 1 cup corn frozen thawed

- 3 garlic clove minced
- 2 tablespoons juice of lime
- 1 cup monterrey jack cheese shredded
- 1 tablespoon cooking oil
- 0.5 cup parmesan fresh shredded
- 0.3 teaspoon hot sauce
- 0.5 cup onion red chopped
- 1.5 teaspoons salt
- 0.5 cup cream sour

Equipment

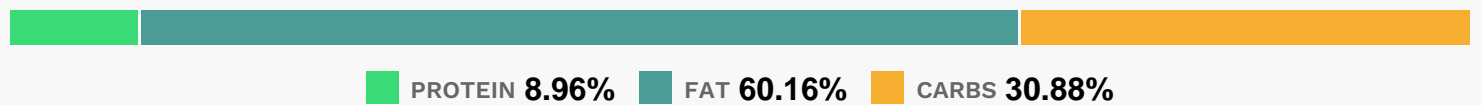
- bowl
- frying pan
- oven
- knife
- wire rack
- springform pan

Directions

- Heat oven to 325F. 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 325F. 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:-6, Nutrition Score:10.308695606563%

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: 401.66kcal (20.08%), Fat: 27.17g (41.79%), Saturated Fat: 12.6g (78.76%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 29.71g (10.8%), Sugar: 5.02g (5.57%), Cholesterol: 75.13mg (25.04%), Sodium: 780.26mg (33.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Phosphorus: 212.5mg (21.25%), Calcium: 187.19mg (18.72%), Vitamin K: 19.44µg (18.51%), Vitamin B2: 0.28mg (16.33%), Vitamin B1: 0.23mg (15.52%), Vitamin A: 755.69IU (15.11%), Manganese: 0.28mg (14.13%), Selenium: 9.76µg (13.94%), Iron: 2.44mg (13.58%), Vitamin E: 1.89mg (12.57%), Folate: 50.01µg (12.5%), Vitamin B3: 2.36mg (11.8%), Vitamin C: 7.31mg (8.86%), Fiber: 1.67g (6.69%), Zinc: 0.91mg (6.05%), Vitamin B6: 0.12mg (5.81%), Vitamin B5: 0.55mg (5.5%), Potassium: 187.48mg (5.36%), Magnesium: 21.18mg (5.29%), Copper: 0.09mg (4.29%), Vitamin B12: 0.25µg (4.1%), Vitamin D: 0.18µg (1.19%)