



WHATSheATE



Green Tea Cheesecake with Raspberries and Raspberry-Mint Tisane



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



395 kcal

DESSERT

Ingredients

- ☐ 16 ounce cream cheese room temperature (do not use whipped or "light" products)
- ☐ 4 large eggs
- ☐ 1 bunch mint leaves fresh
- ☐ 0.5 cup fromage blanc packed ()
- ☐ 1 pint golden raspberries fresh
- ☐ 1 pint raspberries fresh red
- ☐ 0.8 cup sugar

- ☐ 2 teaspoons ground tea from 4 tea bags green finely
- ☐ 8 servings water boiling

Equipment

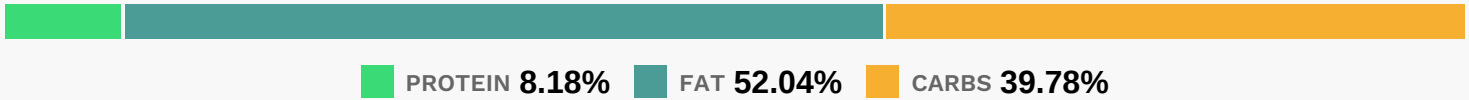
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 325°F. Press cookie crumbs firmly onto bottom (not sides) of 8-inch-diameter springform pan. Wrap outside of pan tightly with 3 layers of heavy-duty foil. Using electric mixer, beat cream cheese, fromage blanc, and sugar in large bowl until smooth.
- ☐ Add eggs 1 at a time, beating until incorporated after each addition. Beat in green tea powder until smooth.
- ☐ Pour batter over prepared crust in pan.
- ☐ Place cake in roasting pan; add enough hot water to roasting pan to come halfway up sides of springform pan.
- ☐ Bake cake until set but center moves very slightly when pan is gently shaken, about 1 hour.
- ☐ Remove cake from roasting pan; cool 1 hour at room temperature. Refrigerate uncovered overnight. (Can be prepared 2 days ahead. Cover and keep refrigerated.)
- ☐ Place 5 raspberries (mix of red and golden) and 3 mint leaves in each of 8 heatproof glasses. Fill glasses with boiling water; let steep 5 minutes.
- ☐ Cut around pan sides to loosen cake; remove sides.
- ☐ Place cake on platter.
- ☐ Garnish cake with some raspberries.
- ☐ Cut cake into wedges.

- ☐ Serve each piece with a few raspberries and a glass of tisane.
- ☐ *Fromage blanc is available at some supermarkets, cheese stores, and specialty foods stores.
- ☐ **Green tea powder is available at Japanese markets.
- ☐ The tisane doesn't really need sweetening, but serving it with rock candy swizzle sticks (available at candy stores and candyeveryday.com) adds a touch of whimsy.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:18.19, Inflammation Score:-7, Nutrition Score:14.20782601315%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 395.27kcal (19.76%), Fat: 22.59g (34.76%), Saturated Fat: 12.27g (76.66%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 33.2g (12.07%), Sugar: 30.14g (33.49%), Cholesterol: 150.27mg (50.09%), Sodium: 229.26mg (9.97%), Alcohol: 2.51g (100%), Alcohol %: 0.67% (100%), Protein: 7.99g (15.98%), Vitamin C: 59.84mg (72.53%), Vitamin K: 29.72µg (28.3%), Manganese: 0.47mg (23.71%), Fiber: 5.66g (22.64%), Vitamin A: 988.68IU (19.77%), Selenium: 12.9µg (18.43%), Vitamin B2: 0.29mg (16.87%), Phosphorus: 147.8mg (14.78%), Vitamin E: 2.03mg (13.56%), Folate: 45.22µg (11.31%), Calcium: 112.99mg (11.3%), Vitamin B5: 1.01mg (10.11%), Copper: 0.2mg (10.08%), Potassium: 318.99mg (9.11%), Magnesium: 33.34mg (8.34%), Vitamin B6: 0.14mg (7.18%), Zinc: 0.97mg (6.46%), Iron: 1.08mg (6.03%), Vitamin B12: 0.35µg (5.79%), Vitamin B1: 0.06mg (3.89%), Vitamin D: 0.5µg (3.33%), Vitamin B3: 0.65mg (3.26%)