



Ham and Swiss Appetizer Cheesecake

READY IN



270 min.

SERVINGS



24

CALORIES



226 kcal

Ingredients

- 1 cup round buttery crackers crushed (28 crackers)
- 3 tablespoons butter melted
- 16 ounces cream cheese softened
- 0.3 cup whipping cream (heavy)
- 2 eggs
- 8 ounces swiss cheese shredded finely
- 1 cup finely-chopped ham fully cooked chopped
- 0.5 cup roasted peppers red drained chopped (from 7.25-ounce jar)
- 0.3 cup spring onion sliced
- 2 tablespoons thyme leaves dried fresh chopped

- 13 ounces round buttery crackers assorted

Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- springform pan

Directions

- Heat oven to 350°.
- Mix crushed crackers and butter until well blended. Press evenly in bottom of springform pan, 9x3 inches.
- Bake 8 to 10 minutes or until golden brown.
- Meanwhile, beat cream cheese in large bowl with electric mixer on medium speed until smooth.
- Add whipping cream and eggs; beat until smooth. Stir in cheese, ham, bell peppers, onions and thyme. Spoon evenly over crust in pan.
- Bake 45 to 55 minutes or until center is set. Run knife around edge of cheesecake to loosen. Cool completely, about 1 hour. Cover and refrigerate at least 2 hours but no longer than 48 hours.
- Remove side of pan.
- Place cheesecake on serving platter.
- Cut into wedges.
- Serve with crackers.

Nutrition Facts



PROTEIN 11.46% **FAT 65.73%** **CARBS 22.81%**

Properties

Glycemic Index:5.46, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:6.0521738736526%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 225.86kcal (11.29%), Fat: 16.61g (25.55%), Saturated Fat: 7.57g (47.33%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.41g (4.51%), Sugar: 2.27g (2.53%), Cholesterol: 47.76mg (15.92%), Sodium: 351.23mg (15.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.03%), Phosphorus: 147.65mg (14.76%), Calcium: 138.74mg (13.87%), Vitamin K: 11.7µg (11.15%), Selenium: 7.44µg (10.63%), Vitamin A: 504.36IU (10.09%), Vitamin B2: 0.16mg (9.24%), Vitamin B1: 0.11mg (7.53%), Vitamin B12: 0.43µg (7.2%), Vitamin E: 0.96mg (6.42%), Iron: 1.08mg (5.99%), Manganese: 0.12mg (5.93%), Vitamin B3: 1.1mg (5.49%), Zinc: 0.79mg (5.3%), Folate: 18.78µg (4.7%), Vitamin C: 3.6mg (4.37%), Vitamin B5: 0.32mg (3.24%), Magnesium: 11.33mg (2.83%), Vitamin B6: 0.06mg (2.75%), Potassium: 84.97mg (2.43%), Copper: 0.05mg (2.31%), Fiber: 0.55g (2.22%)