



Havarti and Sun-Dried Tomato Cheesecake

READY IN



225 min.

SERVINGS



36

CALORIES



117 kcal

Ingredients

- 3 tablespoons butter melted
- 1.3 cups round buttery crackers crushed (28 crackers)
- 24 oz cream cheese softened
- 3 eggs
- 0.5 cup spring onion sliced
- 6 oz havarti cheese shredded
- 1 tablespoon sun-dried olives
- 0.5 cup sun-dried olives packed in oil and herbs drained sliced
- 0.3 cup whipping cream


Equipment

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

Directions

- Heat oven to 375F. In medium bowl, mix crushed crackers and butter until well blended. Press evenly in bottom of 10-inch springform pan.
- Bake about 10 minutes or until golden brown.
- Reduce oven temperature to 325F. In large bowl, beat cream cheese with electric mixer on medium speed until smooth.
- Add whipping cream, eggs and tomato liquid; beat until creamy. Stir in Havarti cheese, tomatoes and onions until well blended. Spoon evenly over crust in pan.
- Bake 40 to 45 minutes or until center is set. Run knife around edge of cheesecake to loosen. Cool completely at room temperature. Cover and refrigerate at least 2 hours but no longer than 24 hours.
- Remove side of pan. To serve, cut cheesecake into thin wedges.

Nutrition Facts

 PROTEIN 10.94%  FAT 77.15%  CARBS 11.91%

Properties

Glycemic Index:3.31, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:2.8956521594006%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 116.52kcal (5.83%), Fat: 10.19g (15.67%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.6g (1.78%), Cholesterol: 38.75mg (12.92%), Sodium: 132.05mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin A: 405.53IU (8.11%), Phosphorus: 65.89mg (6.59%), Calcium: 56.55mg (5.65%), Vitamin B2: 0.09mg (5.54%), Vitamin K: 5.09µg (4.85%), Selenium: 3.4µg (4.85%), Potassium: 98.72mg (2.82%), Zinc: 0.39mg (2.57%), Manganese: 0.05mg (2.51%), Folate: 9.86µg (2.46%), Vitamin E: 0.37mg (2.43%), Vitamin B12: 0.14µg (2.39%), Vitamin B5: 0.23mg (2.29%), Iron: 0.36mg (2%), Copper: 0.04mg (1.88%), Magnesium: 7.47mg (1.87%), Vitamin B1: 0.03mg (1.83%), Vitamin B6: 0.03mg (1.47%), Vitamin B3: 0.29mg (1.43%), Fiber: 0.29g (1.16%), Vitamin C: 0.95mg (1.15%)