



Hazelnut Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



273 kcal

DESSERT

Ingredients

- 1 tablespoon butter melted
- 8 ounce block cream cheese fat-free softened
- 1 large eggs
- 4 large egg whites
- 2 tablespoons flour all-purpose
- 3 tablespoons hazelnuts toasted finely chopped
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream fat-free sour

- 1.3 cups sugar
- 3 tablespoons sugar
- 2 teaspoons vanilla extract
- 1 cup vanilla wafer crumbs reduced-fat (30 cookies)
- 0.3 cup frangelico (hazelnut-flavored liqueur)
- 16 ounce blocks softened

Equipment

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

Directions

- Preheat oven to 40
- To prepare crust, combine first 3 ingredients in a medium bowl.
- Drizzle with butter; toss with a fork until moist. Press mixture into bottom of a 9-inch springform pan coated with cooking spray.
- Bake at 400 for 7 minutes or until lightly browned. Cool on a wire rack.
- Reduce oven temperature to 32
- To prepare filling, place cheeses in a large bowl; beat with a mixer at medium speed until smooth.
- Add sour cream; beat until combined.
- Combine 1 1/3 cups sugar, flour, and salt, stirring with a whisk. Beating at low speed, gradually add sugar mixture to cheese mixture.

- Add egg whites and egg, 1 at a time, beating well after each addition. Beat in liqueur and vanilla.
- Pour mixture into prepared pan.
- Bake at 325 for 1 hour or until cheesecake center barely moves when pan is touched.
- Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.

Nutrition Facts

 PROTEIN 9.58%  FAT 46.86%  CARBS 43.56%

Properties

Glycemic Index:24.95, Glycemic Load:17.98, Inflammation Score:-3, Nutrition Score:5.1956521713215%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 272.77kcal (13.64%), Fat: 14.46g (22.25%), Saturated Fat: 6.93g (43.29%), Carbohydrates: 30.25g (10.08%), Net Carbohydrates: 29.76g (10.82%), Sugar: 23.25g (25.83%), Cholesterol: 45.2mg (15.07%), Sodium: 296.78mg (12.9%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 6.65g (13.3%), Phosphorus: 140.56mg (14.06%), Manganese: 0.25mg (12.36%), Vitamin B2: 0.2mg (11.99%), Calcium: 102.44mg (10.24%), Selenium: 7.03µg (10.05%), Vitamin A: 464.39IU (9.29%), Vitamin E: 0.86mg (5.75%), Folate: 22.92µg (5.73%), Vitamin B1: 0.08mg (5.33%), Vitamin B12: 0.28µg (4.61%), Copper: 0.08mg (4.21%), Potassium: 146.74mg (4.19%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.57mg (3.81%), Magnesium: 14.79mg (3.7%), Vitamin B6: 0.05mg (2.66%), Iron: 0.35mg (1.94%), Fiber: 0.49g (1.94%), Vitamin B3: 0.38mg (1.92%), Vitamin K: 1.23µg (1.17%)