



Healthier White Chocolate Raspberry Cheesecake

READY IN



600 min.

SERVINGS



8

CALORIES



656 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 cup chocolate cookie crumbs
- ☐ 2 teaspoons cornstarch
- ☐ 3 eggs
- ☐ 0.3 cup milk 1%
- ☐ 24 ounce neufchâtel cheese softened
- ☐ 10 ounce raspberries frozen
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup water
- ☐ 2 cups chocolate chips white
- ☐ 0.5 cup sugar white

Equipment

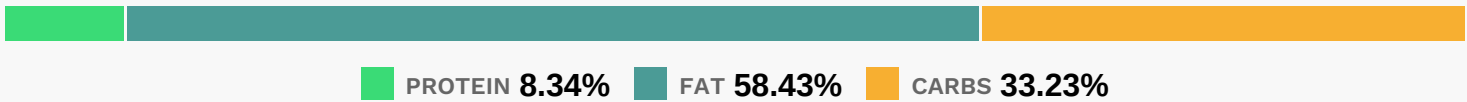
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Cover the outside of a 9-inch springform pan with double layers of aluminum foil.
- ☐ Mix together cookie crumbs, 1 tablespoon sugar, and melted butter in a bowl. Press mixture into bottom of pan.
- ☐ Combine raspberries, 2 tablespoons sugar, cornstarch, and water in a saucepan. Bring to boil and continue boiling until sauce is thick, about 5 minutes. Strain sauce through a mesh strainer to remove seeds.
- ☐ Melt white chocolate chips with milk in a metal bowl over a pan of simmering water, stirring occasionally until smooth.
- ☐ Mix together Neufchatel cheese and 1/2 cup sugar in a large bowl until smooth. Beat in eggs, one at a time. Blend in vanilla extract and melted white chocolate.
- ☐ Pour half the batter over crust. Spoon 3 tablespoons raspberry sauce over batter.

- ☐
- Pour remaining cheesecake batter into pan and spoon 3 more tablespoons of raspberrysauce over batter. Swirl batter with tip of knife to create marbled effect.
- ☐
- Place pan in a roasting pan and fill roasting pan with hot water to reach halfway up outside of pan.
- ☐
- Bake in preheated until filling is set, 55 to 60 minutes. Cool completely. Cover with plastic wrap and refrigerate for 8 hours before removing from pan.
- ☐
- Serve with remaining raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:33.63, Inflammation Score:-6, Nutrition Score:11.276956464933%

Flavonoids

Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg, Cyanidin: 16.22mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 656.28kcal (32.81%), Fat: 43.26g (66.56%), Saturated Fat: 23.88g (149.27%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 52.8g (19.2%), Sugar: 46.5g (51.66%), Cholesterol: 145.42mg (48.47%), Sodium: 430.06mg (18.7%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 13.89g (27.79%), Phosphorus: 256.71mg (25.67%), Vitamin B2: 0.4mg (23.64%), Calcium: 219.97mg (22%), Vitamin A: 985.96IU (19.72%), Manganese: 0.31mg (15.53%), Selenium: 10.78µg (15.41%), Vitamin B5: 1.2mg (12.02%), Vitamin B12: 0.71µg (11.8%), Vitamin C: 9.51mg (11.53%), Vitamin E: 1.68mg (11.21%), Potassium: 359.24mg (10.26%), Fiber: 2.56g (10.24%), Folate: 40.68µg (10.17%), Zinc: 1.49mg (9.96%), Vitamin K: 10.1µg (9.62%), Vitamin B1: 0.11mg (7.58%), Magnesium: 26.64mg (6.66%), Iron: 1.13mg (6.3%), Vitamin B6: 0.12mg (6.06%), Vitamin B3: 1.16mg (5.8%), Copper: 0.11mg (5.45%), Vitamin D: 0.41µg (2.74%)