



Heavenly Cheesecake

READY IN



595 min.

SERVINGS



16

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 cup graham crackers
- ☐ 24 ounces cream cheese softened
- ☐ 3 eggs
- ☐ 0.5 cup half and half
- ☐ 1 leaf mint leaves fresh
- ☐ 12 ounces extra sugar to coat cookies prior to baking white melted (2 cups)
- ☐ 16 servings strawberries fresh
- ☐ 0.5 cup sugar

☐ 1 teaspoon vanilla

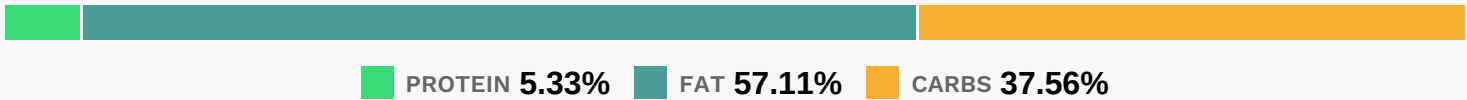
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat oven to 325F.
- ☐ Mix cookie crumbs and butter in small bowl. Press evenly in bottom of springform pan, 10x3 or 9x3 inches. Refrigerate while preparing filling.
- ☐ Beat cream cheese in large bowl with electric mixer on medium speed until smooth. Gradually beat in sugar until smooth. Beat in eggs, one at a time. Beat in vanilla, melted baking chips and half-and-half until blended.
- ☐ Pour over crust; smooth top.
- ☐ Bake 55 to 60 minutes or until center is set; cool 15 minutes. Run metal spatula around side of cheesecake to loosen. Cover and refrigerate at least 8 hours, but no longer than 48 hours.
- ☐ Remove side of pan. Top cheesecake with strawberries.
- ☐ Garnish with mint leaves. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:11.3, Inflammation Score:-7, Nutrition Score:12.326956494995%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 377.11kcal (18.86%), Fat: 25.09g (38.59%), Saturated Fat: 14.03g (87.71%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 32.62g (11.86%), Sugar: 16.55g (18.38%), Cholesterol: 76.29mg (25.43%), Sodium: 204.97mg (8.91%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 5.27g (10.54%), Vitamin C: 84.76mg (102.74%), Manganese: 0.56mg (28.22%), Fiber: 4.5g (18%), Vitamin A: 724.95IU (14.5%), Vitamin B2: 0.2mg (11.62%), Phosphorus: 115.41mg (11.54%), Iron: 2.04mg (11.36%), Folate: 45.17µg (11.29%), Selenium: 7.05µg (10.06%), Potassium: 309.36mg (8.84%), Calcium: 82.21mg (8.22%), Magnesium: 27.74mg (6.94%), Vitamin E: 0.94mg (6.29%), Vitamin B6: 0.12mg (5.76%), Vitamin B5: 0.57mg (5.72%), Zinc: 0.66mg (4.41%), Copper: 0.09mg (4.3%), Vitamin B1: 0.06mg (4.2%), Vitamin B3: 0.82mg (4.12%), Vitamin K: 4.18µg (3.98%), Vitamin B12: 0.18µg (3.05%), Vitamin D: 0.17µg (1.1%)