



Honey yogurt cheesecake

READY IN



115 min.

SERVINGS



8

CALORIES



726 kcal

Ingredients

- ☐ 100 g digestive biscuits crumbs (or ginger or digestive biscuits)
- ☐ 85 g almonds flaked toasted
- ☐ 85 g butter melted
- ☐ 250 ml greek yogurt
- ☐ 750 g mascarpone cheese
- ☐ 2 eggs
- ☐ 1 lemon zest
- ☐ 1 orange zest
- ☐ 250 ml cranberry-orange relish good (orange blossom is particularly)
- ☐ 8 servings fruit fresh

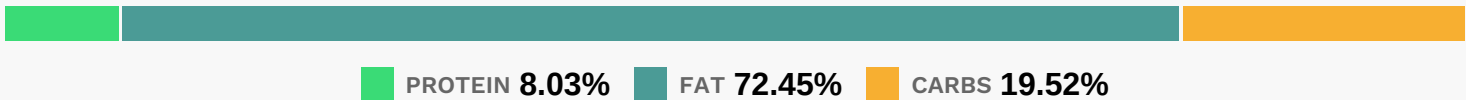
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ cake form
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Crush the biscuits and most of the almonds inside a plastic food bag using a rolling pin.
- ☐ Mix with the butter, then press into the bottom of a deep, oval, 23cm dish (or something similar in size a roasting tin, baking dish or cake tin will work).
- ☐ Bake for 10 mins until crisp.
- ☐ Stir or mash together the yogurt and mascarpone, then whisk in the eggs, one at a time. Stir in the lemon and orange zests, then stir in most of the honey, reserving about 3 tbsp.
- ☐ Spread over the biscuit base, cover loosely with foil and cook for 1 hr.
- ☐ Remove the foil and cook for 15 mins more until lightly golden and the top is firm with just the slightest wobble in the middle. Leave to cool. Can be kept in the fridge for up to 2 days.
- ☐ To serve, scatter with almonds, drizzle over the remaining honey, and hand around fresh fruit to go with it.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:12.380434710047%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 6.48mg, Hesperetin: 6.48mg, Hesperetin: 6.48mg, Hesperetin: 6.48mg Naringenin: 3.69mg, Naringenin: 3.69mg, Naringenin: 3.69mg, Naringenin: 3.69mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 725.7kcal (36.28%), Fat: 58.73g (90.35%), Saturated Fat: 32.71g (204.42%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 31.13g (11.32%), Sugar: 20.06g (22.29%), Cholesterol: 158.83mg (52.94%), Sodium: 215.63mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.3%), Vitamin A: 2056.87IU (41.14%), Calcium: 226.34mg (22.63%), Vitamin E: 3.32mg (22.15%), Vitamin C: 18.26mg (22.14%), Vitamin B2: 0.33mg (19.34%), Manganese: 0.39mg (19.33%), Fiber: 4.46g (17.83%), Phosphorus: 152.44mg (15.24%), Copper: 0.24mg (12.24%), Magnesium: 46.87mg (11.72%), Selenium: 7.46µg (10.66%), Potassium: 306.99mg (8.77%), Folate: 33.44µg (8.36%), Iron: 1.49mg (8.27%), Vitamin B3: 1.56mg (7.78%), Vitamin K: 8.02µg (7.63%), Vitamin B1: 0.1mg (6.85%), Zinc: 0.87mg (5.81%), Vitamin B6: 0.11mg (5.36%), Vitamin B5: 0.5mg (5.02%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.22µg (1.47%)