



Iced blueberry & lime cheesecake

READY IN



30 min.

SERVINGS



12

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 3 lime
- ☐ 50 g sugar
- ☐ 250 g blueberries
- ☐ 3 egg whites
- ☐ 140 g powdered sugar
- ☐ 250 g mascarpone cheese
- ☐ 0.5 tsp vanilla extract
- ☐ 300 ml double cream
- ☐ 250 g amaretti cookies soft

☐ 50 g butter

Equipment

☐ bowl

☐ whisk

☐ cake form

☐ slotted spoon

Directions

☐ Line the base and sides of a 20–22cm square cake tin with cling film. Finely grate the zest from the limes and set aside. Squeeze the juice and pour into a pan with the sugar and blueberries.

☐ Heat gently to dissolve the sugar, then simmer for 1–2 mins until the blueberries are slightly softened.

☐ Remove with a slotted spoon and put in a bowl. Boil the juice for 1–2 mins until it is slightly syrupy, then pour over the blueberries and leave to cool.

☐ Whisk the egg whites until stiff, then gradually whisk in the icing sugar until the meringue is stiff and marshmallow-like in texture. Beat the mascarpone in a large bowl with the lime zest and vanilla. Whip the cream until it just holds its shape, then fold into the mascarpone. Fold in the meringue using the whisk blades.

☐ Break up the amaretti biscuits between your fingers into a bowl to make crumbs. Melt the butter and add to the biscuit crumbs, mixing well.

☐ Spoon the blueberries and their juices into the base of the prepared tin. Spoon the cheesecake mixture evenly over the top, then smooth with the back of a metal spoon to level the mixture. Spoon the amaretti crumbs evenly over the top, pressing down lightly with your hands. Freeze the cheesecake for at least 4 hrs or overnight is better. Can be frozen for up to two weeks before serving.

☐ To serve, transfer the cheesecake to the fridge for 30 mins. Turn out onto a flat serving plate and peel off the cling film.

☐ Serve cut into generous slices.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:4.33, Inflammation Score:-5, Nutrition Score:3.355652163858%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Petunidin: 6.57mg, Petunidin: 6.57mg, Petunidin: 6.57mg, Petunidin: 6.57mg Delphinidin: 7.38mg, Delphinidin: 7.38mg, Delphinidin: 7.38mg, Delphinidin: 7.38mg Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg Peonidin: 4.23mg, Peonidin: 4.23mg, Peonidin: 4.23mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 379.36kcal (18.97%), Fat: 23.06g (35.47%), Saturated Fat: 13.9g (86.9%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 38.3g (13.93%), Sugar: 34.04g (37.82%), Cholesterol: 58.21mg (19.4%), Sodium: 116.66mg (5.07%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 5.48g (10.96%), Vitamin A: 785.11IU (15.7%), Vitamin C: 7.05mg (8.54%), Fiber: 1.7g (6.79%), Vitamin B2: 0.1mg (5.69%), Calcium: 54.25mg (5.42%), Vitamin K: 5.22µg (4.97%), Manganese: 0.07mg (3.67%), Selenium: 2.48µg (3.54%), Vitamin E: 0.48mg (3.22%), Vitamin D: 0.4µg (2.68%), Iron: 0.46mg (2.57%), Phosphorus: 22.24mg (2.22%), Potassium: 70.82mg (2.02%), Vitamin B5: 0.15mg (1.45%), Copper: 0.03mg (1.42%), Vitamin B6: 0.03mg (1.37%), Magnesium: 4.94mg (1.24%), Vitamin B1: 0.02mg (1.22%), Folate: 4.02µg (1.01%)