



Isolde's German Cheesecake

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



417 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.4 cup butter
- 1 eggs
- 2 egg yolks
- 1.3 cups flour all-purpose
- 3 ounce non-instant vanilla pudding mix
- 2 tablespoons juice of lemon fresh
- 2.1 cups milk

- 3 tablespoons oil
- 18 ounces german quark
- 1 individual packet vanilla sugar
- 0.8 cup sugar white

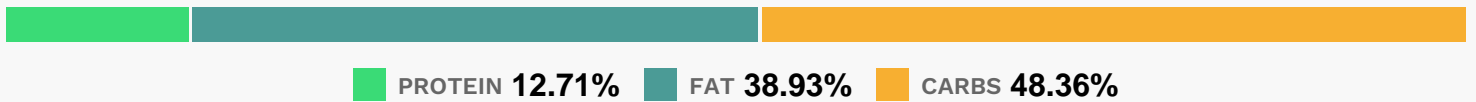
Equipment

- bowl
- frying pan
- oven
- springform pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch springform pan.
- In a medium bowl, mix together the butter and sugar until smooth.
- Mix in 1 egg, then stir in the baking powder and flour. Knead together into dough. Press into the bottom and up the sides of the prepared pan.
- Mix together the quark, oil, 3/4 cup white sugar, vanilla sugar, and pudding mix in a large bowl until smooth. Blend in the egg yolks, egg, milk, and lemon juice; pour mixture into the prepared pan.
- Bake in preheated oven until the filling no longer moves when you shake the pan, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:49.4, Glycemic Load:25.96, Inflammation Score:-4, Nutrition Score:7.4734782757966%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 417.2kcal (20.86%), Fat: 18.18g (27.96%), Saturated Fat: 7.77g (48.56%), Carbohydrates: 50.82g (16.94%), Net Carbohydrates: 50.18g (18.25%), Sugar: 33.14g (36.83%), Cholesterol: 99.71mg (33.24%), Sodium: 287.95mg (12.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Selenium: 12.82µg (18.32%), Vitamin B2: 0.25mg (14.73%), Vitamin B1: 0.21mg (14.09%), Phosphorus: 130.42mg (13.04%), Calcium: 124.61mg (12.46%), Folate: 48.35µg (12.09%), Vitamin A: 465.72IU (9.31%), Vitamin E: 1.39mg (9.27%), Vitamin B12: 0.5µg (8.41%), Manganese: 0.15mg (7.54%), Vitamin D: 1.07µg (7.11%), Iron: 1.26mg (7.02%), Vitamin B3: 1.31mg (6.56%), Vitamin B5: 0.57mg (5.68%), Vitamin K: 4.79µg (4.56%), Potassium: 141.03mg (4.03%), Zinc: 0.6mg (4.01%), Vitamin B6: 0.08mg (3.79%), Magnesium: 13.82mg (3.45%), Fiber: 0.64g (2.55%), Copper: 0.04mg (2.11%), Vitamin C: 1.45mg (1.76%)