

# Italian Cheesecake

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

## Ingredients

- 0.5 teaspoon almond extract
- 2 cups powdered sugar
- 3 eggs
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 1 tablespoon orange zest grated
- 1.5 pounds ricotta cheese
- 0.5 teaspoon rum extract flavored

1.5 teaspoons vanilla extract

## Equipment

frying pan

oven

## Directions

Preheat oven to 400 degrees F (205 degrees C). Grease and flour one 9 inch round springform or regular pan.

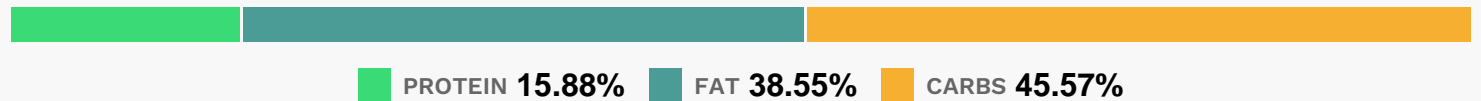
Combine the ricotta, confectioners' sugar and eggs. Blend well. Stir in vanilla, almond extract, rum extract, lemon juice, lemon zest and orange zest. Beat by hand until smooth and creamy.

Pour batter into the prepared pan.

Bake at 400 degrees F (205 degrees C) for 40 minutes, until golden.

Place on a rack and cool.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:6.1243477593298%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 293.92kcal (14.7%), Fat: 12.63g (19.43%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 33.6g (11.2%), Net Carbohydrates: 33.42g (12.15%), Sugar: 29.98g (33.31%), Cholesterol: 104.75mg (34.92%), Sodium: 95.7mg (4.16%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 11.71g (23.41%), Selenium: 17.6µg (25.14%), Calcium: 188.37mg (18.84%), Phosphorus: 167.96mg (16.8%), Vitamin B2: 0.25mg (14.72%), Vitamin A: 471.55IU (9.43%), Zinc: 1.21mg (8.07%), Vitamin B12: 0.44µg (7.27%), Vitamin C: 4.94mg (5.99%), Folate: 19.81µg (4.95%), Vitamin B5: 0.45mg (4.51%), Iron: 0.65mg (3.61%), Potassium: 124.79mg (3.57%), Vitamin B6: 0.07mg (3.55%), Vitamin D: 0.5µg (3.33%), Magnesium: 12.19mg (3.05%), Vitamin E: 0.28mg (1.88%), Copper: 0.04mg (1.76%), Vitamin B1: 0.02mg (1.4%)