

Italian Ricotta Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



289 kcal

DESSERT

Ingredients

- 1 cup sugar
- 0.3 cup flour all-purpose
- 2 pounds ricotta cheese drained
- 1 teaspoon lemon zest
- 6 eggs
- 1 teaspoon vanilla extract
- 0.3 teaspoon salt

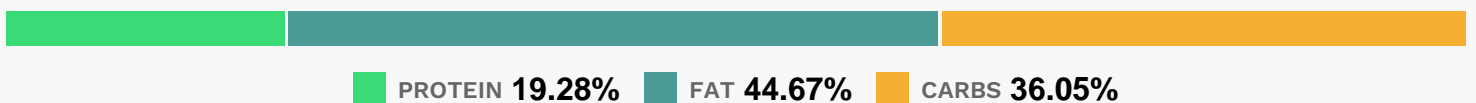
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- wire rack
- plastic wrap
- springform pan

Directions

- Preheat oven to 325 degrees. Set rack in the middle of the oven.
- Butter and flour a 9-by-2-inch springform pan and tap out excess flour.
- Place on a rimmed baking sheet.
- In a medium bowl, sift sugar and flour.
- In a large bowl, combine ricotta and zest and whisk until smooth.
- Add sugar and flour mixture and gently mix to combine.
- Add eggs, 1 at a time, and whisk to combine.
- Add the vanilla and salt.
- Pour batter into the prepared pan.
- Bake in the center of the oven for about 55 to 60 minutes, until a light golden color. Make sure the center is fairly firm and the point of a sharp knife inserted in the center comes out clean.
- Cool completely on a wire rack. Cover with plastic wrap and transfer to refrigerator until chilled, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:17.01, Inflammation Score:-3, Nutrition Score:7.470434896324%

Nutrients (% of daily need)

Calories: 289.01kcal (14.45%), Fat: 14.39g (22.14%), Saturated Fat: 8.36g (52.24%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 26g (9.45%), Sugar: 20.37g (22.64%), Cholesterol: 144.47mg (48.16%), Sodium: 172.16mg (7.49%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 13.98g (27.95%), Selenium: 22.79µg (32.56%), Calcium: 203.74mg (20.37%), Phosphorus: 200.16mg (20.02%), Vitamin B2: 0.32mg (18.97%), Vitamin A: 546.36IU (10.93%), Zinc: 1.43mg (9.5%), Vitamin B12: 0.54µg (9.06%), Folate: 30.95µg (7.74%), Vitamin B5: 0.62mg (6.17%), Iron: 1.01mg (5.63%), Vitamin D: 0.71µg (4.73%), Vitamin B6: 0.09mg (4.31%), Potassium: 137.47mg (3.93%), Vitamin B1: 0.06mg (3.68%), Magnesium: 14.14mg (3.54%), Vitamin E: 0.38mg (2.53%), Copper: 0.05mg (2.3%), Manganese: 0.04mg (2.16%), Vitamin B3: 0.36mg (1.81%), Vitamin K: 1.09µg (1.04%)