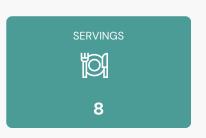


Jalapeno Lime Cheesecake

Vegetarian







DESSERT

Ingredients

U.5 cup butter melted
24 ounce cream cheese softened
3 eggs at room temperature
1 tablespoon flour all-purpose
2 cups graham cracker crumbs
1 jalapeno minced seeded
0.5 cup juice of lime fresh

0.8 cup cream sour

	1 teaspoon vanilla extract	
	0.8 cup granulated sugar white	
Equipment		
	bowl	
	frying pan	
	oven	
	knife	
	wire rack	
	hand mixer	
	springform pan	
Directions		
	Preheat oven to 375 degrees F (190 degrees C).	
	Mix the graham cracker crumbs and butter in a large bowl until evenly moistened; press into the bottom of a 9-inch springform pan.	
	Bake in the preheated oven until the crust has lightly browned and smells toasted, about 5 minutes.	
	Remove from the oven and allow to cool.	
	Beat the cream cheese, sugar, and sour cream with an electric mixer in a large bowl until light and fluffy. Beat in the eggs, one at a time, allowing each egg to blend into the cream cheese mixture before adding the next. Beat the flour, vanilla extract, and lime juice into the cream cheese mixture with the last egg. Fold the jalapeno pepper into the mixture; mixing just enough to evenly combine.	
	Pour into the prepared crust.	
	Bake in the preheated oven for 15 minutes. Reduce heat to 250 degrees F (120 degrees C) and continue baking until the center has just set, 50 to 55 minutes.	
	Remove from the oven, run the tip of a paring knife around the edges of the pan, set the pan on a wire rack, and allow the cheesecake to cool at room temperature for 1 hour before placing into the refrigerator, and cooling 4 hours to overnight.	

Nutrition Facts

Properties

Glycemic Index:41.01, Glycemic Load:26.21, Inflammation Score:-7, Nutrition Score:9.0308696601702%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 636.05kcal (31.8%), Fat: 48.7g (74.93%), Saturated Fat: 27.5g (171.86%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 41.81g (15.21%), Sugar: 27.94g (31.04%), Cholesterol: 190.5mg (63.5%), Sodium: 527.39mg (22.93%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 9.6g (19.2%), Vitamin A: 1746.61lU (34.93%), Vitamin B2: 0.37mg (22.04%), Selenium: 13.77µg (19.67%), Phosphorus: 189.5mg (18.95%), Calcium: 136.22mg (13.62%), Vitamin E: 1.41mg (9.41%), Vitamin B5: 0.85mg (8.54%), Vitamin C: 6.81mg (8.25%), Zinc: 1.15mg (7.69%), Folate: 30.49µg (7.62%), Iron: 1.34mg (7.44%), Vitamin B12: 0.4µg (6.72%), Magnesium: 26.2mg (6.55%), Potassium: 226.72mg (6.48%), Vitamin B1: 0.09mg (6.06%), Vitamin B6: 0.12mg (5.98%), Vitamin B3: 1.01mg (5.05%), Vitamin K: 3.57µg (3.4%), Fiber: 0.85g (3.4%), Copper: 0.05mg (2.26%), Vitamin D: 0.33µg (2.2%), Manganese: 0.03mg (1.45%)