



Key Lime Cheesecake with Mango Ribbons

 Vegetarian

READY IN



480 min.

SERVINGS



10

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 16 oz cream cheese at room temperature
- ☐ 3 large eggs
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 5 oz graham cracker crumbs fine
- ☐ 0.5 cup heavy cream chilled
- ☐ 1 tablespoon key lime juice fresh (strained)
- ☐ 2 large firm-ripe mangoes
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup butter unsalted melted
- ☐ 0.5 teaspoon vanilla

Equipment

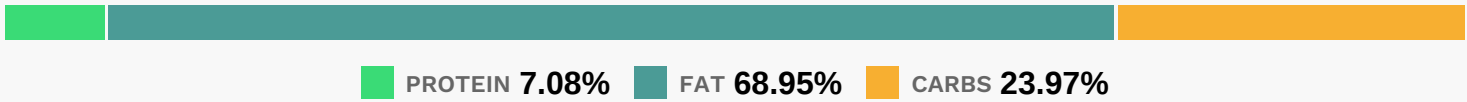
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ mandoline
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F and butter bottom and side of springform pan.
- ☐ Stir together crumbs, sugar, and butter in a bowl with a fork until combined well, then press evenly onto bottom and one-third up side of pan.
- ☐ Bake crust in middle of oven 8 minutes and cool in pan on a rack.
- ☐ Reduce oven temperature to 325°F.
- ☐ Beat cream cheese with an electric mixer at medium speed until fluffy, then beat in sugar.
- ☐ Add lime juice, sour cream, and vanilla and beat until smooth.
- ☐ Mix in flour and salt at low speed, scraping down side as needed, until just incorporated, then add eggs all at once and mix just until incorporated.
- ☐ Pour filling into crust and set springform pan in a shallow baking pan.
- ☐ Bake cake in middle of oven until set in center, 1 hour to 1 hour and 10 minutes. Cool completely in springform pan on rack. (Cake will continue to set as it cools.)

- ☐ Run a thin knife around edge of cake and remove side of pan. If desired, transfer cake with a large metal spatula to a serving plate.
- ☐ Peel mangoes and, leaving fruit whole, slice very thinly lengthwise (slightly less than 1/8 inch thick) with mandoline (use caution — peeled mango is slippery). Halve wide slices lengthwise. Gently toss mango slices with lime juice.
- ☐ Beat cream with sugar in a bowl with electric mixer until it just holds stiff peaks, then spread over top of cheesecake. Bending and curling mango slices, arrange them decoratively over cream.
- ☐ * Available via Manhattan Key Lime Juice (212-696-5378).
- ☐ Cheesecake (without topping) can be made 1 day ahead and chilled, covered. If desired, bring to room temperature.
- ☐ Add topping just before serving.

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:13.06, Inflammation Score:-7, Nutrition Score:8.2513043362161%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 381.46kcal (19.07%), Fat: 29.76g (45.78%), Saturated Fat: 16.71g (104.42%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.07g (8.03%), Sugar: 12.69g (14.1%), Cholesterol: 134.05mg (44.68%), Sodium: 323.19mg (14.05%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 6.88g (13.75%), Vitamin A: 1527.27IU (30.55%), Vitamin C: 15.69mg (19.02%), Vitamin B2: 0.28mg (16.24%), Selenium: 10.24µg (14.63%), Phosphorus: 131.91mg (13.19%), Folate: 40.37µg (10.09%), Calcium: 89.54mg (8.95%), Vitamin E: 1.21mg (8.06%), Vitamin B5: 0.66mg (6.55%), Vitamin B6: 0.12mg (6.24%), Iron: 1.07mg (5.97%), Potassium: 206.35mg (5.9%), Zinc: 0.82mg

(5.46%), Vitamin B1: 0.08mg (5.36%), Magnesium: 21.04mg (5.26%), Vitamin B3: 1mg (5%), Fiber: 1.2g (4.8%),
Vitamin B12: 0.29µg (4.77%), Vitamin D: 0.58µg (3.84%), Copper: 0.08mg (3.84%), Vitamin K: 3.7µg (3.53%),
Manganese: 0.05mg (2.53%)