



Key Lime Cheesecake with Raspberry Sauce

READY IN



495 min.

SERVINGS



16

CALORIES



230 kcal

DESSERT

Ingredients

- 1 cup shortbread cookies (15 cookies) (25 wafers)
- 2 tablespoons butter melted
- 8 oz cream cheese softened
- 1 cup sugar
- 3 eggs
- 1 tablespoon lime zest grated (2 limes)
- 0.3 cup juice of lime
- 10 oz raspberries light frozen thawed
- 1 tablespoon cornstarch

- 0.3 cup currant jelly red

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- springform pan

Directions

- Heat oven to 325°F. In medium bowl, mix crust ingredients. Press in bottom of ungreased 9-inch springform pan. Refrigerate.
- In large bowl, beat cream cheese until smooth. Gradually beat in sugar. At low speed of electric mixer, beat in eggs 1 at a time, blending just until smooth.
- Add remaining filling ingredients; beat until smooth.
- Pour into crust-lined pan.
- Bake 55 to 65 minutes or until set. (To minimize cracking, place shallow pan half full of hot water on lower oven rack during baking.) Turn oven off; let cheesecake stand in oven 30 minutes with door open at least 4 inches.
- Remove from oven; let stand 10 minutes.
- Remove side of pan; cool to room temperature on cooling rack. Cover and refrigerate overnight or up to 2 days.
- To make sauce, drain raspberries, reserving syrup.
- Add water to syrup to make 3/4 cup. In 1-quart saucepan, mix syrup mixture and cornstarch.
- Add jelly; cook and stir over medium heat until thickened and clear. Stir in raspberries. Refrigerate until cold.
- Serve cheesecake with sauce. Cover and refrigerate any remaining cheesecake and sauce.

Nutrition Facts

PROTEIN 5.09% FAT 42.71% CARBS 52.2%

Properties

Glycemic Index:17.13, Glycemic Load:17.75, Inflammation Score:-3, Nutrition Score:4.1465217600698%

Flavonoids

Cyanidin: 8.11mg, Cyanidin: 8.11mg, Cyanidin: 8.11mg, Cyanidin: 8.11mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 229.99kcal (11.5%), Fat: 11.11g (17.09%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 29.09g (10.58%), Sugar: 20.52g (22.8%), Cholesterol: 45.01mg (15%), Sodium: 127.62mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Manganese: 0.19mg (9.51%), Vitamin C: 6.51mg (7.89%), Vitamin B2: 0.13mg (7.8%), Selenium: 4.94µg (7.06%), Vitamin A: 318.16IU (6.36%), Fiber: 1.45g (5.81%), Folate: 22.06µg (5.51%), Vitamin E: 0.8mg (5.3%), Phosphorus: 48.81mg (4.88%), Vitamin B1: 0.07mg (4.45%), Iron: 0.77mg (4.29%), Vitamin K: 3.36µg (3.2%), Vitamin B5: 0.32mg (3.19%), Vitamin B3: 0.62mg (3.1%), Calcium: 27.45mg (2.75%), Copper: 0.05mg (2.36%), Potassium: 81.12mg (2.32%), Vitamin B6: 0.05mg (2.27%), Magnesium: 8.91mg (2.23%), Zinc: 0.33mg (2.22%), Vitamin B12: 0.11µg (1.77%), Vitamin D: 0.17µg (1.1%)