



Korean Honey Citron Tea Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



459 kcal

DESSERT

Ingredients

- 100 grams butter melted
- 250 grams cream cheese
- 1 cup cream sauce
- 1 tablespoon gelatin powder
- 5.5 tablespoons korean honey citron tea paste
- 1 tablespoon juice of lemon
- 1.5 tablespoons gelatin mix with 2 water
- 1.5 tablespoons gelatin mix with 2 water
- 150 grams marie biscuits crushed ()

- 60 milliliters milk fresh
- 3 tablespoons sugar
- 8 cups water

Equipment

- frying pan
- whisk
- mixing bowl
- pot
- cake form

Directions

- Line a 23cm round pan (with removable base) set aside.
- Combine crushed digestive biscuit crumbs and melted butter together in a mixing bowl. Press the biscuit crumbs onto the base of the prepared pan and put it in the refrigerator for later use. Measure water into a bowl and sprinkle in the gelatin (without stirring with a spoon). Set aside to allow the gelatin to swell (few mins) before setting the bowl over a pot of simmering hot water. Stir with a spoon and once the gelatin melts, remove the bowl from the pot and set aside to cool to room temperature.
- Whisk non-dairy topping cream until peak form (not too stiff), set aside. In another mixing bowl, beat cream cheese and sugar until smooth, then gradually add in milk until combined.
- Add lemon juice, honey citron tea paste, mix to combine and add gelatin solution, mix well. Fold in whipped non-dairy topping cream, with a hand whisk.
- Pour cream cheese mixture on the prepared cake tin and refrigerate for at least 4 hours until set. To make the topping, heat the gelatin (method same as above) and stir in honey citron tea paste, mix well and leave to cool.
- Spread the honey citron tea paste thinly and evenly on top of the cheesecake. Refrigerate the cheese cake until it is ready to serve.

Nutrition Facts

PROTEIN 5.57% **FAT 51.08%** **CARBS 43.35%**

Properties

Glycemic Index:23.14, Glycemic Load:3.75, Inflammation Score:-5, Nutrition Score:7.2395652173913%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 100%, Saltiness: 85.31%, Sourness: 59.21%, Bitterness: 97.05%, Savoriness: 15.78%, Fattiness: 71.7%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 459.38kcal (22.97%), Fat: 26.56g (40.86%), Saturated Fat: 14.71g (91.91%), Carbohydrates: 50.71g (16.9%), Net Carbohydrates: 48.95g (17.8%), Sugar: 27.21g (30.23%), Cholesterol: 59.75mg (19.92%), Sodium: 437.71mg (19.03%), Protein: 6.52g (13.04%), Vitamin A: 767.73IU (15.35%), Manganese: 0.3mg (14.85%), Phosphorus: 125.71mg (12.57%), Vitamin E: 1.88mg (12.5%), Copper: 0.24mg (12.23%), Vitamin B2: 0.19mg (11.34%), Calcium: 85.9mg (8.59%), Magnesium: 33.77mg (8.44%), Selenium: 5.69µg (8.12%), Iron: 1.34mg (7.47%), Fiber: 1.76g (7.05%), Potassium: 238.69mg (6.82%), Folate: 23.59µg (5.9%), Vitamin B3: 1.15mg (5.74%), Vitamin B1: 0.09mg (5.69%), Vitamin K: 5.32µg (5.06%), Zinc: 0.74mg (4.92%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.37mg (3.71%), Vitamin C: 2.56mg (3.11%), Vitamin B12: 0.15µg (2.58%)