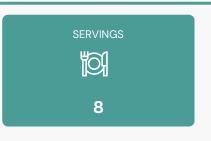


# **Korean Honey Citron Tea Cheesecake**







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
H	
브	3 tablespoons sugar
Ш	8 cups water
Εq	uipment
	frying pan
	whisk
	mixing bowl
	pot
	cake form
Dii	rections
	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, 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%)