



Lemon and Rum Cheesecake with Strawberry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 0.5 ounce cream cheese room temperature
- ☐ 2 tablespoons rum dark
- ☐ 1 envelope yeast dry
- ☐ 3 large egg yolks
- ☐ 3 large eggs
- ☐ 2 teaspoons lemon zest grated

- ☐ 0.5 teaspoon salt
- ☐ 12 servings strawberry compote
- ☐ 1 cup sugar
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 2 teaspoons vanilla extract
- ☐ 0.7 cup whipping cream
- ☐ 0.3 cup milk whole

Equipment

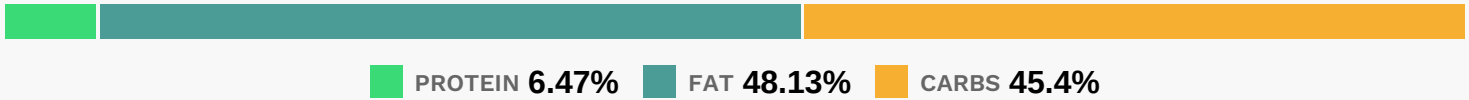
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Butter and flour 10-inch-diameter springform pan.
- ☐ Combine flour, sugar, yeast, grated lemon peel, and 1/2 teaspoon salt in processor; blend 5 seconds.
- ☐ Add chilled butter and cut in, using on/off turns, until mixture resembles coarse meal.
- ☐ Add whole milk, egg yolks, and vanilla extract and blend until soft clumps form. Using floured hands, gather dough into ball. Press dough over bottom and 1 inch up sides of prepared pan. Cover pan tightly with plastic wrap.
- ☐ Let dough rise in warm draft-free area until slightly puffy, about 2 hours 15 minutes.
- ☐ Preheat oven to 350°F. Using electric mixer, beat cream cheese, sugar, and flour in large bowl until well blended. Beat in eggs 1 at a time.
- ☐ Add whipping cream, dark rum, grated lemon peel, and vanilla extract; beat until filling is smooth.
- ☐ Transfer filling to crust (filling may be higher in pan than sides of crust).

- ☐ Bake cheesecake until set in center and puffed at edges, about 40 minutes. Cool cheesecake in pan on rack 15 minutes.
- ☐ Cut around pan sides; release sides. Cool cheesecake completely. (Can be prepared 8 hours ahead.
- ☐ Let cheesecake stand at cool room temperature.)
- ☐ Cut cheesecake into wedges and serve with strawberry compote.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:15.36, Inflammation Score:-6, Nutrition Score:12.039130428563%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 256.16kcal (12.81%), Fat: 13.87g (21.34%), Saturated Fat: 7.8g (48.72%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 26.35g (9.58%), Sugar: 24.52g (27.25%), Cholesterol: 124.19mg (41.4%), Sodium: 128.69mg (5.6%), Alcohol: 1.06g (100%), Alcohol %: 0.65% (100%), Protein: 4.2g (8.39%), Vitamin C: 85.18mg (103.25%), Manganese: 0.57mg (28.57%), Folate: 62.32µg (15.58%), Fiber: 3.09g (12.36%), Selenium: 7.82µg (11.17%), Vitamin A: 539.63IU (10.79%), Vitamin B2: 0.18mg (10.52%), Phosphorus: 96.2mg (9.62%), Vitamin B1: 0.12mg (8.18%), Potassium: 273.79mg (7.82%), Vitamin B5: 0.65mg (6.49%), Vitamin E: 0.96mg (6.38%), Vitamin B6: 0.12mg (6.11%), Magnesium: 22.8mg (5.7%), Vitamin D: 0.85µg (5.68%), Iron: 1mg (5.54%), Calcium: 54.34mg (5.43%), Copper: 0.09mg (4.51%), Vitamin B3: 0.86mg (4.3%), Vitamin B12: 0.26µg (4.29%), Vitamin K: 4.19µg (3.99%), Zinc: 0.58mg (3.87%)