



Lemon-Blueberry Cheesecake Parfaits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 12 ounces blueberries
- ☐ 0.8 cup confectioners' sugar
- ☐ 0.3 cup cornmeal
- ☐ 2.5 tablespoons cornstarch
- ☐ 6 ounces cream cheese at room temperature
- ☐ 4 egg yolks
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup granulated sugar

- ☐ 5 tablespoons granulated sugar
- ☐ 1 cup heavy cream
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest finely grated for garnish
- ☐ 2 teaspoons orange zest finely grated
- ☐ 1 teaspoon salt
- ☐ 2 butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water
- ☐ 1 cup milk whole

Equipment

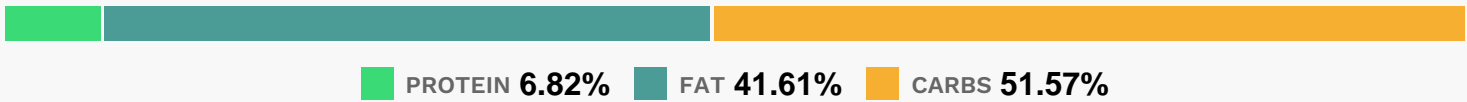
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Make the Shortbread: In a medium bowl, mix the flour with the cornmeal and salt. In a standing mixer fitted with the paddle, mix the butter with the confectioners' sugar at medium speed until creamy, about 2 minutes. Beat in the orange zest and vanilla extract.
- ☐ Add the flour mixture and beat at low speed until the dough just comes together. Pat the shortbread dough into a disk, wrap in plastic and refrigerate for 1 hour.

- ☐ Preheat the oven to 35
- ☐ Line 2 large rimmed baking sheets with parchment paper. Unwrap the chilled shortbread dough and roll it out between 2 sheets of parchment paper to an 8-inch round (1/2 inch thick).
- ☐ Cut the dough into 1/2-inch-wide strips and transfer the strips to the baking sheets; leave 1 inch between each strip. Refrigerate the dough strips for 30 minutes, until chilled.
- ☐ Bake the shortbread for about 20 minutes, until golden; rotate the pans halfway through for even baking. While the warm shortbread strips are still on the baking sheet, cut them into 1/2-inch cubes.
- ☐ Let cool, about 30 minutes.
- ☐ Make the Blueberry Compote: In a small saucepan, combine 1 cup of the blueberries with the sugar and water. Bring to a simmer and cook over moderate heat until the blueberries break down, about 5 minutes. Scrape the blueberry sauce into a blender, add the lemon juice and puree until smooth. Scrape the blueberry sauce into a bowl and fold in the remaining 1 cup of whole blueberries. Refrigerate until chilled, about 2 hours.
- ☐ Meanwhile, Make the Cheesecake Custard: In a medium saucepan, bring 3/4 cup of the milk to a boil with 3 tablespoons of the sugar; remove from the heat. In a medium bowl, whisk the egg yolks with the cornstarch and the remaining 1/4 cup of milk and 2 tablespoons of sugar. Gradually whisk the hot milk into the egg yolks, then pour the mixture into the saucepan and whisk constantly over moderate heat until thickened, about 2 minutes. Over low heat, whisk in the cream cheese, lemon juice, grated lemon zest and vanilla extract until smooth, about 1 minute. Scrape the cheesecake custard into a bowl. Press a piece of plastic wrap directly onto the surface of the custard and refrigerate until chilled, about 2 hours.
- ☐ In a medium bowl, using an electric mixer, beat the cream to medium peaks. Fold the whipped cream into the chilled cheesecake custard until no streaks remain. Spoon the shortbread cubes and custard into bowls.
- ☐ Drizzle with the blueberry compote, garnish with the lemon zest strips and serve.

Nutrition Facts



Properties

Glycemic Index:48.59, Glycemic Load:29.77, Inflammation Score:-7, Nutrition Score:11.171304350314%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg, Petunidin: 13.41mg Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg, Delphinidin: 15.07mg Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg, Malvidin: 28.74mg Peonidin: 8.63mg, Peonidin: 8.63mg, Peonidin: 8.63mg, Peonidin: 8.63mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 477.57kcal (23.88%), Fat: 22.39g (34.44%), Saturated Fat: 12.8g (80.02%), Carbohydrates: 62.42g (20.81%), Net Carbohydrates: 60.07g (21.84%), Sugar: 32.58g (36.2%), Cholesterol: 156.49mg (52.16%), Sodium: 383.7mg (16.68%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 8.26g (16.52%), Selenium: 18.19µg (25.98%), Vitamin B2: 0.36mg (21.1%), Vitamin B1: 0.29mg (19.46%), Manganese: 0.38mg (18.76%), Vitamin A: 934IU (18.68%), Folate: 72.36µg (18.09%), Phosphorus: 152.93mg (15.29%), Iron: 1.88mg (10.42%), Vitamin C: 8.5mg (10.3%), Vitamin B3: 2mg (10.01%), Calcium: 98.79mg (9.88%), Fiber: 2.35g (9.41%), Vitamin K: 9.87µg (9.4%), Vitamin D: 1.3µg (8.68%), Vitamin B5: 0.8mg (7.96%), Vitamin B12: 0.44µg (7.25%), Vitamin B6: 0.14mg (7.06%), Vitamin E: 1mg (6.67%), Zinc: 0.94mg (6.24%), Potassium: 201.28mg (5.75%), Magnesium: 22.85mg (5.71%), Copper: 0.1mg (4.84%)