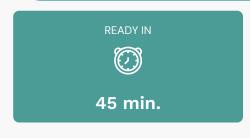


Lemon Curd Cheesecake







DESSERT

Ingredients

380 grams cream cheese
160 grams digestive biscuits crumbs
1 egg yolk lightly beaten
15 grams gelatin powder (dissolve in 50ml water)
1 cup lemon curd homemade store bought (or , see below)
1 tablespoon juice of lemon for stronger lemony taste
6 tablespoons juice of lemon
1 tablespoon lemon zest finely grated
0.7 cup sugar

	6 tablespoons butter unsalted	
Ш	250 mls whipping cream	
Equipment		
	bowl	
	knife	
	pot	
	double boiler	
	hand mixer	
	spatula	
	springform pan	
Directions		
	Mix the biscuit crumbs and melted butter in a bowl. Press crumb mixture onto a lose bottom springform pan and keep in the fridge. To make lemon curd: At the top of a double boiler, combine all the lemon curd ingredients over gently simmering water. Cook until thickened and coats back of a spoon.	
	Remove from the heat and let it completely cool down. To make the filling, measure water into a bowl with the gelatin powder. Set aside to allow the gelatin grains to swell then let the bowl sit over a pot of simmering hot water. Stir with a spoon until the gelatin melts, let it cool down before use. In another large bowl with electric mixer on medium—high, beat cream cheese until smooth and creamy, gradually beat in sugar then beat in zest and juice follow by lemon curd. (Reserve 1/2 cup of the lemon curd for the toppings) Whip the whipping cream until thinkened and sit aside first.	
	Add the dissolved gelatin into the cream cheese mixture and mix until well combine. Fold in the whipped cream with spatula.	
	Pour the mixture into crust and chill in the fridge for at least 3 hours or until it set. Decorate the cheesecake with some whipped cream at the edge along thef cheesecake and apread over some left over lemon curd on top of the cheesecake. To serve, cut out the cheesecake with a hot knife. Enjoy!	

Nutrition Facts

Properties

Glycemic Index:8.09, Glycemic Load:8.23, Inflammation Score:-5, Nutrition Score:4.8821739130435%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Quercetin: 0.03mg, Quercetin: 0.03mg,

Taste

Sweetness: 100%, Saltiness: 31.85%, Sourness: 58.76%, Bitterness: 34.26%, Savoriness: 5.91%, Fattiness: 80.69%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 406.66kcal (20.33%), Fat: 27.74g (42.68%), Saturated Fat: 16.29g (101.81%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 35.3g (12.84%), Sugar: 27.75g (30.84%), Cholesterol: 86.92mg (28.97%), Sodium: 234.56mg (10.2%), Protein: 5.33g (10.66%), Vitamin A: 930.96IU (18.62%), Vitamin B2: 0.17mg (10.09%), Selenium: 5.67µg (8.11%), Phosphorus: 79.48mg (7.95%), Calcium: 60.42mg (6.04%), Vitamin E: 0.88mg (5.88%), Manganese: 0.11mg (5.74%), Folate: 20.41µg (5.1%), Vitamin C: 4.16mg (5.04%), Vitamin B5: 0.37mg (3.73%), Vitamin K: 3.74µg (3.56%), Iron: 0.63mg (3.51%), Vitamin B1: 0.05mg (3.5%), Vitamin D: 0.52µg (3.48%), Vitamin B3: 0.65mg (3.24%), Copper: 0.06mg (3.13%), Vitamin B6: 0.06mg (2.82%), Potassium: 97.93mg (2.8%), Magnesium: 10.74mg (2.69%), Zinc: 0.39mg (2.57%), Vitamin B12: 0.14µg (2.41%), Fiber: 0.57g (2.28%)