



Lemon Souffle Cheesecake with Blueberry Topping

 Vegetarian

READY IN



380 min.

SERVINGS



12

CALORIES



404 kcal

DESSERT

Ingredients

- 3 cups blueberries fresh frozen thawed
- 2 tablespoons brown sugar packed
- 1 tablespoon butter melted
- 32 ounce cream cheese softened
- 4 large egg whites
- 4 large egg yolks
- 1.3 cups graham cracker crumbs

- 1 teaspoon juice of lemon fresh
- 1 tablespoon lemon zest finely grated
- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

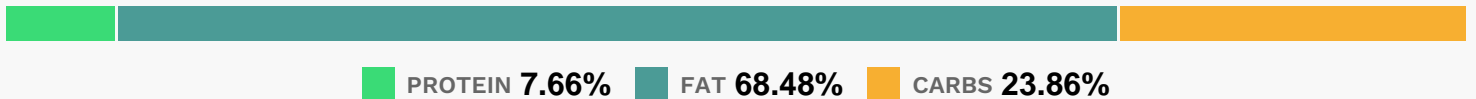
- bowl
- frying pan
- sauce pan
- oven
- mixing bowl
- sieve
- baking pan
- aluminum foil
- springform pan
- cheesecloth

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease 9 inch springform pan.
- Cut an 18 inch square of aluminum foil, and wrap around the outside bottom of the pan.
- To make the crust, mix the graham cracker crumbs and brown sugar together in a bowl. Stir in the melted butter until thoroughly blended. Press the mixture evenly into the bottom of the prepared pan.
- Bake in preheated oven until golden brown, about 8 minutes.
- Remove pan from oven and cool on a rack.
- To make the filling, place the cream cheese in a mixing bowl; beat until creamy, about 2 minutes. Continue beating while gradually adding 1 cup sugar. Beat until sugar is thoroughly blended. Beat in the egg yolks, one at a time, scraping the sides of the bowl after each addition.

- Mix in the lemon zest, lemon juice, vanilla, and sour cream until well blended.
- Beat the egg whites in a clean bowl until soft peaks form. Continue beating while gradually adding 1/3 cup sugar in a slow stream, until stiff peaks form. Do not overbeat. Gently fold 1/3 of the meringue into the cream cheese mixture. Repeat twice more with remaining meringue, mixing carefully to not deflate the egg whites, until no meringue streaks remain.
- Pour the filling into the prepared pan, and place in a large baking pan.
- Pour hot (not boiling) water into the baking pan up to 1 inch on the sides of the springform pan.
- Bake in preheated oven until the top is almost set, 50–55 minutes. Turn off the heat, prop the oven door open about 2 inches, and allow cake to rest in the oven until completely set, about 1 hour longer. Refrigerate at least 4 hours, or overnight before serving.
- To make the topping, place 1 cup blueberries and sugar in a saucepan; cook over medium heat until berries begin to break, 6–8 minutes. While still hot, strain the berries through a sieve or cheesecloth placed over a bowl, reserving the juice. Discard berry pulp. Allow the juice to cool.
- Mix remaining 2 cups blueberries and lemon juice together in a large bowl. Stir in the strained blueberry juice. Just before serving, pour the blueberry topping over the cheesecake.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:11.51, Inflammation Score:-6, Nutrition Score:7.3804348137068%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg

Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin:
0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 404.37kcal (20.22%), Fat: 31.35g (48.23%), Saturated Fat: 17.53g (109.54%), Carbohydrates: 24.58g
(8.19%), Net Carbohydrates: 23.34g (8.49%), Sugar: 16.54g (18.37%), Cholesterol: 145.72mg (48.57%), Sodium:
327.54mg (14.24%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 7.89g (15.78%), Vitamin A: 1206.12IU
(24.12%), Vitamin B2: 0.31mg (18.03%), Selenium: 12.34µg (17.63%), Phosphorus: 134.51mg (13.45%), Calcium:
102.95mg (10.29%), Vitamin K: 8.99µg (8.57%), Vitamin E: 1.07mg (7.15%), Vitamin B5: 0.71mg (7.06%), Manganese:
0.14mg (7.02%), Folate: 22.54µg (5.64%), Vitamin C: 4.48mg (5.43%), Potassium: 184.63mg (5.28%), Zinc: 0.78mg
(5.17%), Vitamin B12: 0.31µg (5.15%), Fiber: 1.24g (4.96%), Vitamin B6: 0.1mg (4.83%), Vitamin B1: 0.06mg (4.26%),
Magnesium: 16.98mg (4.25%), Iron: 0.74mg (4.11%), Vitamin B3: 0.58mg (2.91%), Copper: 0.05mg (2.4%), Vitamin D:
0.31µg (2.04%)