



Little strawberry cheesecakes

 Popular

READY IN



75 min.

SERVINGS



6

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 50 g butter
- ☐ 6 digestive biscuits crumbs crushed finely
- ☐ 250 g ricotta cheese
- ☐ 50 g powdered sugar
- ☐ 0.5 juice of lemon
- ☐ 1 egg yolk
- ☐ 0.5 tsp vanilla extract
- ☐ 150 ml double cream

- ☐ 2 tbsp strawberry jam melted
- ☐ 3 strawberries halved

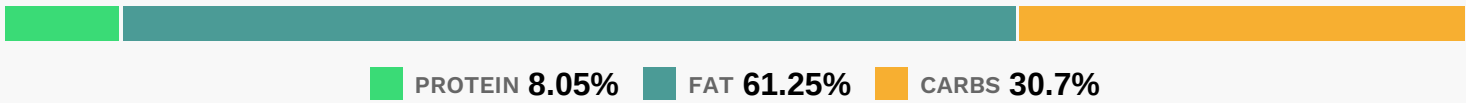
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Heat oven to 150C/130C fan/gas 2 and line 6 muffin tin holes with muffin paper cases. Melt the butter, stir in the biscuit crumbs until well mixed, then press as firmly as you can into the bases of each paper case. Chill them while you make the filling.
- ☐ Beat the ricotta with the sugar, lemon zest and juice, whole egg, egg yolk and vanilla. In another bowl, whisk the cream until it just holds its shape, then fold into the cheese mixture. Spoon evenly into the paper cases, right up to the tops, then tap the tin on the work surface to flatten the filling.
- ☐ Bake for 30 mins, then turn off the oven and allow to cool completely inside.
- ☐ To decorate, top each cheesecake with 1 tsp jam and a strawberry half.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.97, Inflammation Score:-5, Nutrition Score:6.0678261052007%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

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Nutrients (% of daily need)

Calories: 342.05kcal (17.1%), Fat: 23.55g (36.24%), Saturated Fat: 14.04g (87.76%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 25.88g (9.41%), Sugar: 16.12g (17.92%), Cholesterol: 99.99mg (33.33%), Sodium: 171.47mg (7.46%), Alcohol: 0.12g (100%), Alcohol %: 0.13% (100%), Protein: 6.96g (13.93%), Vitamin A: 807.77IU (16.16%), Selenium: 9.65µg (13.79%), Phosphorus: 122.95mg (12.29%), Calcium: 122.06mg (12.21%), Vitamin B2: 0.2mg (11.78%), Manganese: 0.14mg (7.21%), Folate: 26.05µg (6.51%), Vitamin C: 5.23mg (6.34%), Vitamin E: 0.79mg (5.26%), Zinc: 0.77mg (5.13%), Iron: 0.86mg (4.78%), Vitamin D: 0.65µg (4.32%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 4µg (3.81%), Vitamin B1: 0.06mg (3.76%), Vitamin B3: 0.71mg (3.57%), Vitamin B5: 0.34mg (3.39%), Magnesium: 13.5mg (3.37%), Potassium: 114.28mg (3.27%), Vitamin B6: 0.06mg (3.24%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.42%)