



## Mango Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



431 kcal

DESSERT

### Ingredients

- 24 ounce cream cheese room temperature
- 4 large eggs
- 1.5 cups graham cracker crumbs
- 3 large mangos pitted very ripe peeled coarsely chopped (each 13 ounces)
- 12 servings mangos pitted peeled sliced
- 1.3 cups sugar
- 6 tablespoons butter unsalted melted ()
- 2 teaspoons vanilla extract

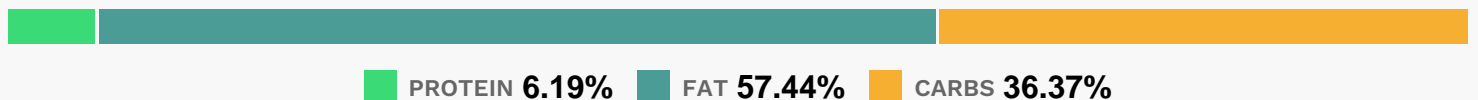
## Equipment

- bowl
- frying pan
- oven
- knife
- springform pan

## Directions

- Preheat oven to 325°F. Lightly butter 9-inch-diameter springform pan with 2 3/4-inch-high sides. Stir cracker crumbs and sugar in medium bowl to blend.
- Add melted butter and stir until evenly moistened. Press crumb mixture firmly onto bottom (not sides) of prepared pan.
- Bake until crust is set, about 12 minutes. Cool completely. Maintain oven temperature.
- Puree mangoes in processor until smooth. Set aside 2 cups mango puree (reserve any remaining puree for another use). Beat cream cheese, sugar, and vanilla in large bowl until smooth.
- Add eggs 1 at a time, beating well after each addition.
- Add 2 cups mango puree and beat until well blended.
- Pour filling over crust in pan.
- Bake cake until set and puffed and golden around edges (center may move very slightly when pan is gently shaken), about 1 hour 25 minutes. Cool cake 1 hour. Refrigerate uncovered overnight. Run small knife between cake and sides of pan to loosen.
- Remove pan sides.
- Transfer cake to platter.
- Cut into wedges and serve with sliced mangoes.

## Nutrition Facts



## Properties

Glycemic Index:22.88, Glycemic Load:24.7, Inflammation Score:-7, Nutrition Score:8.2556521996208%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

## Nutrients (% of daily need)

Calories: 430.77kcal (21.54%), Fat: 28.08g (43.21%), Saturated Fat: 15.78g (98.64%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 38.8g (14.11%), Sugar: 32.72g (36.35%), Cholesterol: 134.32mg (44.77%), Sodium: 272.46mg (11.85%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 6.81g (13.63%), Vitamin A: 1597.15IU (31.94%), Vitamin C: 19.2mg (23.27%), Vitamin B2: 0.26mg (15.22%), Selenium: 10.5µg (15.01%), Phosphorus: 123.98mg (12.4%), Folate: 40.66µg (10.16%), Vitamin E: 1.3mg (8.67%), Calcium: 80.39mg (8.04%), Vitamin B5: 0.69mg (6.91%), Vitamin B6: 0.13mg (6.69%), Potassium: 208.13mg (5.95%), Zinc: 0.76mg (5.06%), Iron: 0.88mg (4.92%), Fiber: 1.2g (4.8%), Vitamin B12: 0.28µg (4.75%), Magnesium: 18.79mg (4.7%), Copper: 0.09mg (4.35%), Vitamin B3: 0.82mg (4.1%), Vitamin B1: 0.06mg (3.92%), Vitamin K: 3.95µg (3.76%), Vitamin D: 0.44µg (2.92%), Manganese: 0.05mg (2.34%)