



Manuka honey cheesecake with raspberries

READY IN



15 min.

SERVINGS



2

CALORIES



668 kcal

DESSERT

Ingredients

- ☐ 85 g shortbread cookies
- ☐ 140 g cheese soft
- ☐ 50 ml double cream
- ☐ 1 tbsp sugar
- ☐ 2 tbsp honey
- ☐ 125 g raspberries

Equipment

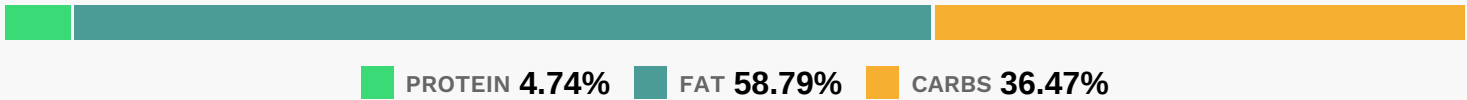
- ☐ bowl

- ☐ knife
- ☐ whisk
- ☐ blow torch
- ☐ rolling pin

Directions

- ☐ Sit 2 x 9cm metal rings on 2 small serving plates. Crush the biscuits in a bag with a rolling pin, then divide between the rings, pressing down to form the base.
- ☐ Put the soft cheese in a bowl, then whisk together with the double cream, sugar and 2 tbsp honey until soft peaks form. Spoon the mixture into the rings, then spread the top flat. You can chill the cheesecakes now until ready to serve.
- ☐ Crush a third of the raspberries with 1 tsp honey, then gently fold in the rest. Using a blowtorch, warm around the edge of the ring and lift off or use a knife to run around the inside of the ring, and lift off. Spoon over the raspberries and serve.

Nutrition Facts



Properties

Glycemic Index:119.68, Glycemic Load:32.13, Inflammation Score:-7, Nutrition Score:12.083913036015%

Flavonoids

Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg, Cyanidin: 28.61mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 668.4kcal (33.42%), Fat: 44.72g (68.8%), Saturated Fat: 23.38g (146.12%), Carbohydrates: 62.41g (20.8%), Net Carbohydrates: 57.75g (21%), Sugar: 38.54g (42.82%), Cholesterol: 99.12mg (33.04%), Sodium: 378.14mg (16.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.23%), Manganese: 0.63mg (31.28%), Vitamin A: 1366.97IU (27.34%), Vitamin B2: 0.37mg (22.04%), Vitamin C: 16.63mg (20.16%), Fiber: 4.66g (18.63%), Vitamin E: 2.41mg (16.09%), Selenium: 9.74µg (13.91%), Folate: 55.28µg (13.82%), Phosphorus: 136.5mg (13.65%), Vitamin B1: 0.19mg (12.74%), Vitamin K: 11.82µg (11.26%), Calcium: 106.97mg (10.7%), Iron: 1.89mg (10.51%), Vitamin B3: 1.87mg (9.36%), Vitamin B5: 0.81mg (8.11%), Potassium: 259.11mg (7.4%), Magnesium: 28.18mg (7.05%), Zinc: 0.93mg (6.19%), Copper: 0.12mg (5.89%), Vitamin B6: 0.12mg (5.88%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.4µg (2.68%)