



 1%
HEALTH SCORE

Mascarpone & Ricotta Cheese Cake

READY IN



45 min.

SERVINGS



10

CALORIES



487 kcal

DESSERT

Ingredients

- 0.3 cup almonds
- 1 tablespoon butter melted
- 16 oz whipped cream room temperature
- 4 large eggs room temperature
- 2 tbsp flour
- 1.5 cups graham crackers
- 1 tbsp juice of lemon
- 8 oz mascarpone cheese room temperature
- 8 oz ricotta cheese

- 0.5 tsp salt
- 1.3 cups sugar
- 2 tbsp sugar
- 1 tsp vanilla extract

Equipment

- food processor
- bowl
- frying pan
- oven
- springform pan
- mortar and pestle
- pie form

Directions

- Preheat oven to 325. Crust: Grind graham crackers and almonds using food processor or a mortar and pestle.
- Add melted butter and salt and press into bottom of greased springform pan or deep dish pie pan.
- Bake for 10 minutes.
- Let cool.
- Mix sugar and flour together and sprinkle over top of crust. (This prevents crust from getting soggy) Filling: Beat cream cheese, mascarpone cheese, ricotta cheese and sugar in a large bowl until smooth. Beat in lemon juice and vanilla.
- Add in eggs one at a time.
- Pour cheese mixture over crust in pan.
- Bake until the center of the cheesecake is wobbly when shaken, about 1hr and 5 mins.
- Let cool then refrigerate, preferably overnight.

Nutrition Facts



■ PROTEIN 8.12% ■ FAT 53.98% ■ CARBS 37.9%

Properties

Glycemic Index:43.12, Glycemic Load:30.56, Inflammation Score:-5, Nutrition Score:7.1804347826087%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 487.16kcal (24.36%), Fat: 29.51g (45.39%), Saturated Fat: 16.2g (101.25%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 45.65g (16.6%), Sugar: 34.47g (38.3%), Cholesterol: 146.13mg (48.71%), Sodium: 278.19mg (12.1%), Protein: 9.99g (19.97%), Vitamin A: 872.26IU (17.45%), Phosphorus: 162.37mg (16.24%), Calcium: 157.04mg (15.7%), Selenium: 10.9µg (15.57%), Vitamin B2: 0.25mg (14.82%), Vitamin E: 1.48mg (9.84%), Zinc: 1.08mg (7.19%), Magnesium: 28mg (7%), Iron: 1.24mg (6.86%), Vitamin B12: 0.39µg (6.48%), Folate: 24.35µg (6.09%), Vitamin B1: 0.08mg (5.21%), Vitamin B5: 0.52mg (5.2%), Manganese: 0.1mg (5.09%), Potassium: 172.87mg (4.94%), Vitamin D: 0.63µg (4.18%), Vitamin B6: 0.08mg (4.11%), Vitamin B3: 0.8mg (4.01%), Fiber: 0.95g (3.8%), Copper: 0.07mg (3.46%), Vitamin K: 1.27µg (1.21%)