



Mixed Berry Cheesecake

 Vegetarian

READY IN



810 min.

SERVINGS



15

CALORIES



549 kcal

DESSERT

Ingredients

- ☐ 0.5 pint blueberries fresh
- ☐ 2.5 pounds cream cheese at room temperature
- ☐ 2 extra large egg yolks at room temperature
- ☐ 1.5 cups graham cracker crumbs (10 crackers)
- ☐ 1 tablespoon lemon zest grated (2 lemons)
- ☐ 0.5 pint raspberries fresh
- ☐ 1 cup jelly such as currant red (not jam)
- ☐ 0.3 cup cup heavy whipping cream sour

- ☐ 0.5 pint strawberries sliced
- ☐ 1 tablespoon sugar
- ☐ 1.5 cups sugar
- ☐ 6 tablespoons butter unsalted melted ()
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 5 extra large eggs whole at room temperature

Equipment

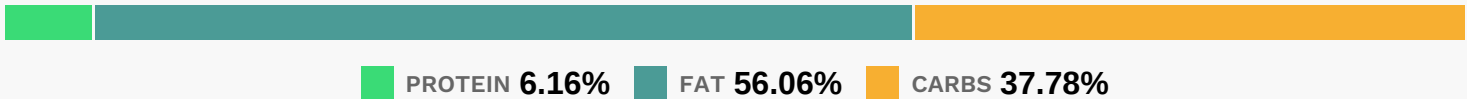
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ To make the crust, combine the graham crackers, sugar, and melted butter until moistened.
- ☐ Pour into a 9-inch springform pan. With your hands, press the crumbs into the bottom of the pan and about 1-inch up the sides.
- ☐ Bake for 8 minutes. Cool to room temperature.
- ☐ Raise the oven temperature to 450 degrees F.
- ☐ To make the filling, cream the cream cheese and sugar in the bowl of an electric mixer fitted with a paddle attachment on medium-high speed until light and fluffy, about 5 minutes. Reduce the speed of the mixer to medium and add the eggs and egg yolks, 2 at a time, mixing well. Scrape down the bowl and beater, as necessary. With the mixer on low, add the sour cream, lemon zest, and vanilla.
- ☐ Mix thoroughly and pour into the cooled crust.

- ☐
- Bake for 15 minutes. Turn the oven temperature down to 225 degrees and bake for another 1 hour and 15 minutes. Turn the oven off and open the door wide. The cake will not be completely set in the center. Allow the cake to sit in the oven with the door open for 30 minutes. Take the cake out of the oven and allow it to sit at room temperature for another 2 to 3 hours, until completely cooled. Wrap and refrigerate overnight.
- ☐
- Remove the cake from the springform pan by carefully running a hot knife around the outside of the cake. Leave the cake on the bottom of the springform pan for serving.
- ☐
- To make the topping, melt the jelly in a small pan over low heat. In a bowl, toss berries and the warm jelly gently until well mixed. Arrange the berries on top of the cake. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:29.97, Inflammation Score:-7, Nutrition Score:9.7447825722072%

Flavonoids

Cyanidin: 8.82mg, Cyanidin: 8.82mg, Cyanidin: 8.82mg, Cyanidin: 8.82mg Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg, Petunidin: 5.04mg Delphinidin: 5.85mg, Delphinidin: 5.85mg, Delphinidin: 5.85mg, Delphinidin: 5.85mg Malvidin: 10.68mg, Malvidin: 10.68mg, Malvidin: 10.68mg, Malvidin: 10.68mg Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg Peonidin: 3.23mg, Peonidin: 3.23mg, Peonidin: 3.23mg, Peonidin: 3.23mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 549.05kcal (27.45%), Fat: 34.83g (53.58%), Saturated Fat: 19.49g (121.82%), Carbohydrates: 52.8g (17.6%), Net Carbohydrates: 50.5g (18.36%), Sugar: 39.85g (44.28%), Cholesterol: 186.02mg (62.01%), Sodium: 330.19mg (14.36%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 8.61g (17.23%), Vitamin A: 1330.34IU (26.61%), Vitamin C: 17.48mg (21.19%), Selenium: 14.47µg (20.66%), Vitamin B2: 0.34mg (19.89%), Phosphorus: 163.07mg

(16.31%), Manganese: 0.25mg (12.29%), Calcium: 111.47mg (11.15%), Fiber: 2.3g (9.19%), Vitamin B5: 0.9mg (9.05%), Vitamin E: 1.35mg (9.02%), Folate: 33.93µg (8.48%), Vitamin B12: 0.4µg (6.61%), Zinc: 0.99mg (6.57%), Potassium: 228.36mg (6.52%), Iron: 1.17mg (6.49%), Vitamin K: 6.73µg (6.41%), Vitamin B6: 0.12mg (6.11%), Magnesium: 22.1mg (5.52%), Vitamin B1: 0.07mg (4.52%), Copper: 0.09mg (4.43%), Vitamin D: 0.59µg (3.91%), Vitamin B3: 0.64mg (3.2%)