



No-bake orange cheesecake

READY IN



25 min.

SERVINGS



8

CALORIES



611 kcal

DESSERT

Ingredients

- ☐ 15 digestive biscuits crumbs
- ☐ 6 tbsp butter melted
- ☐ 400 g cream cheese
- ☐ 3 orange zest grated for the decoration
- ☐ 200 g mascarpone cheese
- ☐ 100 g sugar
- ☐ 3 tbsp milk
- ☐ 184 ml double cream

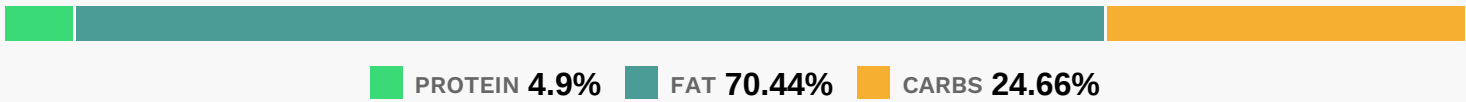
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Crush the biscuits roughly. You can either do this by putting them in a plastic food bag and crushing them with a wooden spoon or you can crumble them with your fingers.
- ☐ Put the biscuits into a bowl and mix in the melted butter.
- ☐ Put the mixture into a 23cm cheesecake tin and, using your fingers or the back of a spoon to spread it evenly, press it down in the tin to form the base.
- ☐ Put the tin into the fridge to set. This should take about 30 mins.
- ☐ Put the curd or cream cheese, orange zest, mascarpone, sugar and milk into a bowl and mix it well with the wooden spoon.
- ☐ Put the cream in a clean bowl and whisk until it is the consistency of thick custard.
- ☐ Add to the orange mixture and mix thoroughly.
- ☐ Remove the cheesecake tin from the fridge.
- ☐ Pour the filling over the biscuit base and spread evenly. Decorate with segments of orange and return to the fridge until ready to serve (at least 4 hours or overnight).

Nutrition Facts



Properties

Glycemic Index:23.14, Glycemic Load:9.57, Inflammation Score:-7, Nutrition Score:7.9021740478018%

Nutrients (% of daily need)

Calories: 611.27kcal (30.56%), Fat: 48.45g (74.54%), Saturated Fat: 28.43g (177.68%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 36.79g (13.38%), Sugar: 21.82g (24.24%), Cholesterol: 125.22mg (41.74%), Sodium: 383.32mg (16.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.16%), Vitamin A: 1656.3IU (33.13%), Vitamin B2: 0.26mg (15.27%), Calcium: 135.83mg (13.58%), Phosphorus: 124.66mg (12.47%), Manganese: 0.22mg

(10.88%), Selenium: 6.98µg (9.97%), Vitamin E: 1.3mg (8.67%), Folate: 30.98µg (7.75%), Vitamin C: 6.26mg (7.59%), Vitamin B3: 1.28mg (6.38%), Vitamin B1: 0.09mg (6.32%), Iron: 1.11mg (6.19%), Vitamin K: 6.31µg (6.01%), Fiber: 1.37g (5.48%), Vitamin B5: 0.54mg (5.4%), Magnesium: 18.5mg (4.62%), Vitamin B6: 0.09mg (4.44%), Potassium: 153.39mg (4.38%), Zinc: 0.6mg (4.02%), Vitamin B12: 0.2µg (3.26%), Copper: 0.06mg (3.06%), Vitamin D: 0.43µg (2.88%)