



Orange & pomegranate cheesecake

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



605 kcal

DESSERT

Ingredients

- ☐ 250 g digestive biscuit
- ☐ 100 g butter melted
- ☐ 600 g full-fat cream cheese
- ☐ 3 orange zest for the decoration
- ☐ 3 tbsp milk
- ☐ 100 g icing sugar
- ☐ 150 ml double cream
- ☐ 1 seeds pomegranate

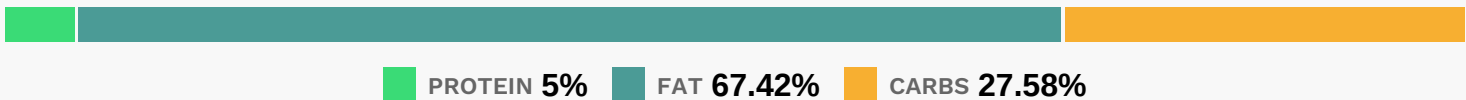
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ hand mixer
- ☐ rolling pin

Directions

- ☐ Crush the biscuits roughly either put them in a plastic food bag and crush with a rolling pin, or whizz them in a food processor to chunky crumbs.
- ☐ Transfer to a bowl, mix in the melted butter and tip into a 23cm springform tin. Using your fingers or the back of a spoon, press the biscuit mixture evenly to form the base. Chill until set, about 30 mins.
- ☐ Put the soft cheese, zest, milk and icing sugar into a bowl and blend using an electric mixer until smooth.
- ☐ Add the cream and whisk until the mixture is the consistency of thick custard.
- ☐ Pour the filling over the biscuit base and spread evenly. Return to the fridge and chill until set, at least 4 hrs or overnight.
- ☐ To serve, top with the orange segments and scatter over the pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:18.07, Inflammation Score:-7, Nutrition Score:7.8056521195432%

Nutrients (% of daily need)

Calories: 605.22kcal (30.26%), Fat: 46.06g (70.86%), Saturated Fat: 26.51g (165.67%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 40.84g (14.85%), Sugar: 23.08g (25.64%), Cholesterol: 124.61mg (41.54%), Sodium: 529.43mg (23.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.39%), Vitamin A: 1624.91IU (32.5%), Vitamin B2: 0.3mg (17.73%), Phosphorus: 163.99mg (16.4%), Calcium: 127.19mg (12.72%), Selenium: 7.37µg

(10.53%), Iron: 1.44mg (7.99%), Vitamin C: 6.25mg (7.57%), Vitamin E: 1.12mg (7.49%), Zinc: 1.07mg (7.16%), Magnesium: 28.44mg (7.11%), Vitamin B1: 0.1mg (6.77%), Vitamin B3: 1.31mg (6.57%), Fiber: 1.54g (6.18%), Folate: 23.65µg (5.91%), Potassium: 193.75mg (5.54%), Vitamin B5: 0.53mg (5.33%), Vitamin B6: 0.09mg (4.58%), Vitamin B12: 0.25µg (4.11%), Vitamin K: 3.09µg (2.94%), Vitamin D: 0.36µg (2.42%), Copper: 0.03mg (1.51%)