



## Orange-Spiced Cheesecake



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



431 kcal

## Ingredients

- 17 ounces cheesecake frozen ny style (recommended: Sara Lee - not )
- 1 cranberry-orange relish sliced
- 1 tablespoon orange juice concentrate
- 2 tablespoons orange liqueur (recommended: Cointreau)
- 0.3 cup orange marmalade
- 0.3 teaspoon five-spice blend

## Equipment

- sauce pan

## Directions

- Cut the cheesecake into quarters and thaw according to package instructions. In a large saucepan over medium-high heat combine the marmalade, orange liqueur, orange juice concentrate, and orange slices. Simmer until thick and syrupy, about 10 minutes.
- To serve, spoon warm orange spice mixture over the top of cheesecake slices.

## Nutrition Facts



## Properties

Glycemic Index:11.88, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:3.8413043397924%

## Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 430.87kcal (21.54%), Fat: 17.11g (26.32%), Saturated Fat: 8.13g (50.8%), Carbohydrates: 61.53g (20.51%), Net Carbohydrates: 59.69g (21.71%), Sugar: 47.62g (52.92%), Cholesterol: 69.88mg (23.29%), Sodium: 266.48mg (11.59%), Alcohol: 1.95g (100%), Alcohol %: 1.29% (100%), Protein: 7.52g (15.05%), Vitamin C: 24.07mg (29.18%), Calcium: 113.97mg (11.4%), Vitamin A: 531.17IU (10.62%), Fiber: 1.84g (7.36%), Iron: 0.85mg (4.74%), Folate: 15.8µg (3.95%), Potassium: 98.53mg (2.82%), Vitamin B1: 0.04mg (2.72%), Copper: 0.05mg (2.29%), Vitamin B6: 0.04mg (1.88%), Vitamin K: 1.93µg (1.84%), Vitamin B2: 0.03mg (1.69%), Manganese: 0.03mg (1.6%), Magnesium: 6.16mg (1.54%), Vitamin B5: 0.11mg (1.09%), Vitamin E: 0.15mg (1.02%)