

## Oreo Hazelnut and Banana Cheesecake

READY IN



300 min.

SERVINGS



10

CALORIES



415 kcal

### Ingredients

- 120 g banana skinless mashed
- 60 g butter melted
- 250 g cream cheese
- 20 g gelatin powder
- 0.5 tbsp juice of lemon
- 2 tablespoons milk
- 70 g nutella
- 270 g oreo cookies
- 50 g water
- 300 g whipping cream fresh

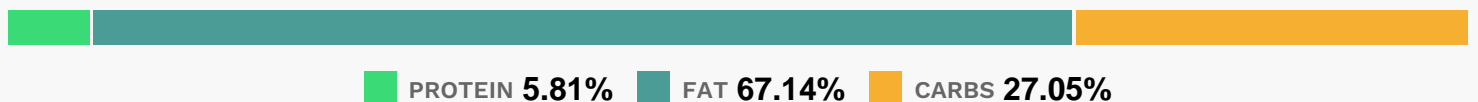
## Equipment

- bowl
- whisk
- double boiler
- cake form
- spatula

## Directions

- Mix crushed Oreo cookies with butter and press them firmly into a 9 inch cake pan. Put in refrigerator and chill until firm.
- Whisk fresh whipping cream until soft peaks form, set aside
- Put gelatin and water in a bowl and soak for a while. Then place the bowl in a double boiler and heat until gelatin dissolves. Set aside. Beat cream cheese at medium speed with 3 tablespoon of fresh milk until smooth.
- Add in hazelnut spread, continue to beat for about 1 minute. Mash bananas and mix well with 1/2 tbsp lemon juice then add into the cream cheese mixture, mix well again and transfer to a large bowl.
- Add whipped cream to the cream cheese mixture with a hand whisk, mix well and add dissolved gelatin into it. Lastly fold in 20g crushed Oreo cookies with a rubber spatula.
- Pour cream cheese mixture into prepared cake pan and refrigerator for at least 4 hours or overnight.
- Remove chilled cheesecake from cake pan and sprinkle extra crushed Oreo biscuits over it.

## Nutrition Facts



## Properties

Glycemic Index:19.91, Glycemic Load:2.93, Inflammation Score:-6, Nutrition Score:7.4447826086957%

## Flavonoids

Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 71.68%, Saltiness: 23.55%, Sourness: 27.59%, Bitterness: 16.28%, Savoriness: 4.97%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 414.88kcal (20.74%), Fat: 31.67g (48.73%), Saturated Fat: 18.62g (116.37%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 27.23g (9.9%), Sugar: 18.22g (20.24%), Cholesterol: 72.41mg (24.14%), Sodium: 238.25mg (10.36%), Protein: 6.17g (12.34%), Iron: 3.69mg (20.48%), Vitamin A: 940.03IU (18.8%), Manganese: 0.28mg (14.08%), Vitamin B2: 0.21mg (12.34%), Vitamin E: 1.66mg (11.06%), Copper: 0.18mg (9.22%), Vitamin K: 9.51µg (9.05%), Phosphorus: 87.85mg (8.78%), Selenium: 5.73µg (8.19%), Magnesium: 25.78mg (6.44%), Calcium: 64.31mg (6.43%), Folate: 24.23µg (6.06%), Fiber: 1.48g (5.9%), Potassium: 203.16mg (5.8%), Vitamin B1: 0.08mg (5.15%), Vitamin B3: 0.86mg (4.31%), Vitamin B6: 0.08mg (4.15%), Vitamin B5: 0.39mg (3.86%), Vitamin D: 0.51µg (3.42%), Zinc: 0.51mg (3.4%), Vitamin B12: 0.15µg (2.47%), Vitamin C: 1.51mg (1.84%)