



## Peach and Mascarpone Cheesecake with Balsamic Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



520 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoons flour
- ☐ 0.5 cup balsamic vinegar
- ☐ 5 tablespoons butter unsalted diced
- ☐ 3 large eggs
- ☐ 7 graham crackers whole
- ☐ 24 ounce mascarpone cheese
- ☐ 0.5 cup peaches sliced

- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract

## Equipment

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

## Directions

- ☐ Preheat oven to 350°F. Blend graham cracker pieces, sugar, and butter in processor until moist clumps form. Press onto bottom (not sides) of 9-inch-diameter springform pan.
- ☐ Bake until golden brown, about 12 minutes.
- ☐ Transfer crust to rack to cool. Maintain oven temperature.
- ☐ Using electric mixer, beat mascarpone, sugar, and flour in large bowl until blended. Beat in eggs 1 at a time; add vanilla extract. Puree diced peaches in mini processor or blender until smooth. Beat peach puree into batter.
- ☐ Pour filling into crust.
- ☐ Bake until edges are raised and dry and center is softly set, about 1 hour 5 minutes.
- ☐ Place hot cheesecake directly in refrigerator. Chill uncovered overnight.
- ☐ Boil balsamic vinegar in small saucepan until reduced to 1/4 cup, about 4 minutes; cool syrup.
- ☐ Cut around cheesecake; remove pan sides. Top with peach slices, drizzle with balsamic vinegar syrup, and serve.

## Nutrition Facts



 **PROTEIN 6.03%**  **FAT 67.88%**  **CARBS 26.09%**

## Properties

Glycemic Index:30.93, Glycemic Load:21.84, Inflammation Score:-6, Nutrition Score:4.2800000076709%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 519.59kcal (25.98%), Fat: 38.81g (59.71%), Saturated Fat: 23.27g (145.46%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 33.04g (12.02%), Sugar: 24.86g (27.62%), Cholesterol: 138.89mg (46.3%), Sodium: 128.27mg (5.58%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 7.76g (15.52%), Vitamin A: 1233.58IU (24.67%), Calcium: 117.39mg (11.74%), Selenium: 5.72µg (8.17%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 57.73mg (5.77%), Iron: 0.9mg (5.01%), Folate: 16.35µg (4.09%), Vitamin B1: 0.05mg (3.22%), Zinc: 0.44mg (2.91%), Vitamin B3: 0.58mg (2.9%), Vitamin D: 0.41µg (2.7%), Magnesium: 10.39mg (2.6%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.38mg (2.52%), Vitamin B12: 0.15µg (2.42%), Manganese: 0.04mg (2.12%), Fiber: 0.51g (2.04%), Vitamin B6: 0.04mg (1.92%), Potassium: 66.5mg (1.9%), Copper: 0.03mg (1.45%)