



Peach Melba cheesecake

READY IN



30 min.

SERVINGS



10

CALORIES



541 kcal

DESSERT

Ingredients

- ☐ 100 g butter melted for the tin plus a little extra
- ☐ 200 g crunchy biscuit (we used Fox's butter biscuits)
- ☐ 600 g cheese soft
- ☐ 100 g icing sugar to taste
- ☐ 2 tsp vanilla extract
- ☐ 300 ml pot double cream
- ☐ 450 g raspberry
- ☐ 3 3 really ripe peaches diced canned ripe peeled (juice saved)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ hand mixer
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Line the base and sides of a 20cm loose-bottomed or springform tin with baking parchment use smudges of butter to help the paper stay in place around the sides.
- ☐ Put the biscuits in a plastic food bag and crush to crumbs using a rolling pin, then mix thoroughly with the melted butter. Tip into the prepared tin and press down firmly to create an even base. Chill while you prepare the filling.
- ☐ Put the soft cheese, icing sugar and vanilla in a bowl, then beat with an electric mixer until smooth. Tip in the cream and continue beating until mixture is combined. Scatter over 100g of the raspberries and half of the peach chunks. Using a spatula, fold in with just a few folds as you assemble the cheesecake theyll ripple through more.
- ☐ Spoon the cream mixture onto the biscuit base, working from the edges inwards. Smooth the top of the cheesecake down with the back of a dessertspoon or spatula. Leave to set in the fridge overnight.
- ☐ In a food processor, blitz 250g of the remaining raspberries, sieve, stir back in 1 tsp of the seeds, if you like, and sweeten to taste with icing sugar.
- ☐ Add enough water or canned peach juice to make it saucy and chill until serving.
- ☐ Bring the cheesecake to room temperature about 30 mins before serving. If using a loose-bottomed tin, unmould by placing on top of a can, then gradually pull down the sides of the tin. Slip the cheesecake onto a serving plate, removing the lining paper and base. Scatter the remaining raspberries and peach chunks over the cheesecake, dribble over some of the sauce and serve the rest alongside.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:9.22, Inflammation Score:-8, Nutrition Score:10.622608589089%

Flavonoids

Cyanidin: 21.46mg, Cyanidin: 21.46mg, Cyanidin: 21.46mg, Cyanidin: 21.46mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 540.93kcal (27.05%), Fat: 43.36g (66.71%), Saturated Fat: 24.72g (154.48%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 30g (10.91%), Sugar: 19.49g (21.66%), Cholesterol: 116.4mg (38.8%), Sodium: 455.82mg (19.82%), Alcohol: 0.29g (100%), Alcohol %: 0.17% (100%), Protein: 6.82g (13.64%), Vitamin A: 1661.28IU (33.23%), Manganese: 0.42mg (20.83%), Phosphorus: 193.1mg (19.31%), Vitamin B2: 0.29mg (17.08%), Vitamin C: 13.82mg (16.75%), Selenium: 11.02µg (15.74%), Fiber: 3.86g (15.44%), Vitamin E: 2.01mg (13.4%), Calcium: 103.56mg (10.36%), Vitamin B1: 0.13mg (8.74%), Folate: 33.06µg (8.26%), Vitamin K: 8.61µg (8.2%), Potassium: 279.36mg (7.98%), Vitamin B5: 0.71mg (7.07%), Vitamin B3: 1.38mg (6.92%), Iron: 1.23mg (6.83%), Magnesium: 24.71mg (6.18%), Copper: 0.11mg (5.38%), Zinc: 0.77mg (5.15%), Vitamin B6: 0.09mg (4.5%), Vitamin B12: 0.23µg (3.75%), Vitamin D: 0.48µg (3.22%)