



Peanut Butter and Jelly Cheesecake

READY IN



65 min.

SERVINGS



8

CALORIES



538 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 16 ounce cream cheese softened
- 0.3 cup crunchy peanut butter
- 4 eggs
- 3 tablespoons flour all-purpose
- 1 cup graham cracker crumbs
- 0.5 cup any flavor fruit jam
- 0.5 cup milk
- 1 cup sugar white

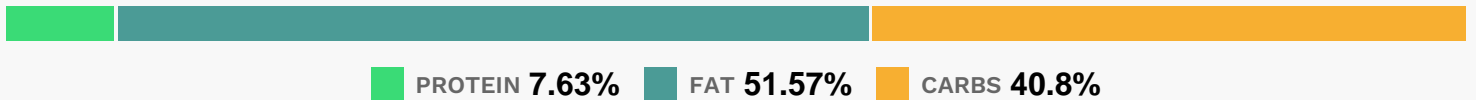
Equipment

- bowl
- frying pan
- oven
- springform pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). In a medium bowl, combine graham cracker crumbs, 3 tablespoons sugar and melted butter.
- Mix well and press into the bottom of a 9 inch springform pan.
- Bake in preheated oven for 10 minutes.
- Remove from oven and allow to cool.
- In a large bowl, beat cream cheese, sugar, peanut butter and flour together until smooth.
- Mix in eggs one at a time. Blend in milk.
- Pour batter into prepared crust.
- Bake in preheated oven for 10 minutes. Reduce temperature to 250 degrees F (120 degrees C) and continue to bake for 40 minutes.
- Let cool to room temperature, then refrigerate for at least 4 hours before removing from pan. Stir jelly until smooth and drizzle over cake in a lattice design.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:33.7, Inflammation Score:-6, Nutrition Score:9.1073913470559%

Nutrients (% of daily need)

Calories: 537.55kcal (26.88%), Fat: 31.46g (48.41%), Saturated Fat: 15.21g (95.08%), Carbohydrates: 56.01g (18.67%), Net Carbohydrates: 54.48g (19.81%), Sugar: 41.53g (46.15%), Cholesterol: 148.46mg (49.49%), Sodium: 366.12mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.96%), Selenium: 14.36µg

(20.52%), Vitamin A: 992.44IU (19.85%), Vitamin B2: 0.33mg (19.12%), Phosphorus: 183.05mg (18.3%), Manganese: 0.24mg (11.76%), Vitamin B3: 2.13mg (10.64%), Calcium: 104.97mg (10.5%), Vitamin E: 1.51mg (10.08%), Folate: 37.75µg (9.44%), Magnesium: 34.51mg (8.63%), Vitamin B5: 0.86mg (8.58%), Zinc: 1.17mg (7.81%), Iron: 1.33mg (7.41%), Potassium: 247.46mg (7.07%), Vitamin B6: 0.14mg (6.97%), Vitamin B12: 0.41µg (6.81%), Fiber: 1.53g (6.11%), Vitamin B1: 0.09mg (6.09%), Copper: 0.12mg (5.93%), Vitamin D: 0.61µg (4.05%), Vitamin C: 1.87mg (2.27%), Vitamin K: 1.61µg (1.53%)