



Perugian-Style Chocolate Hazelnut Cheesecake

READY IN



180 min.

SERVINGS



10

CALORIES



621 kcal

DESSERT

Ingredients

- ☐ 0.5 pound bittersweet chocolate 60% chopped (no more than cacao if marked)
- ☐ 1 cup round buttery crackers crushed finely
- ☐ 1 pound cream cheese at room temperature
- ☐ 2 large eggs
- ☐ 0.7 cup granulated sugar
- ☐ 4.5 ounces hazelnuts toasted chopped
- ☐ 10 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.5 cup cream sour

- ☐ 1 stick butter unsalted cut into pieces
- ☐ 0.3 teaspoon vanilla extract pure

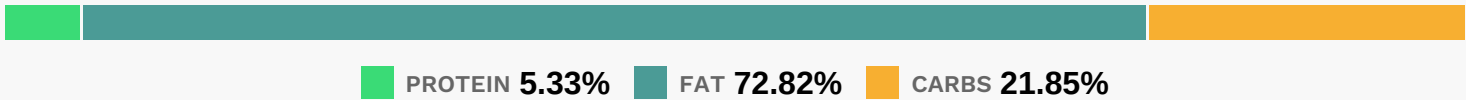
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ springform pan

Directions

- ☐ Combine all ingredients, then press onto bottom of springform pan.
- ☐ Preheat oven to 325°F with rack in middle.
- ☐ Melt chocolate with butter, then remove from heat and whisk in cream cheese until smooth.
- ☐ Whisk in sour cream and vanilla.
- ☐ Whisk together eggs and sugar in a large bowl until mixture has a mousse-like consistency, then stir in chocolate mixture and nuts.
- ☐ Pour filling into crust and bake 1 1/2 hours. (Top will be slightly cracked.)
- ☐ Cool to room temperature in pan on a rack, about 1 hour, then chill at least 1 hour. (Cake will sink slightly.)
- ☐ •Wheatmeal biscuits are British-style whole-wheat crackers. Look for Carr's (labeled "Whole Wheat Crackers" and found at most supermarkets) or McVitie's brand (found at some specialty foods shops).•Chocolate hazelnut cheesecake can be chilled up to 1 day. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:10.12, Inflammation Score:-7, Nutrition Score:12.930869382361%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg

Nutrients (% of daily need)

Calories: 621.17kcal (31.06%), Fat: 51.38g (79.05%), Saturated Fat: 25.78g (161.15%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 31.5g (11.45%), Sugar: 25.91g (28.79%), Cholesterol: 136mg (45.33%), Sodium: 222.47mg (9.67%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Caffeine: 19.5mg (6.5%), Protein: 8.46g (16.92%), Manganese: 1.13mg (56.55%), Copper: 0.53mg (26.51%), Vitamin A: 1248.6IU (24.97%), Vitamin E: 3.06mg (20.39%), Phosphorus: 192.14mg (19.21%), Magnesium: 68.52mg (17.13%), Selenium: 10.08µg (14.4%), Iron: 2.54mg (14.13%), Vitamin B2: 0.22mg (12.78%), Fiber: 3.19g (12.76%), Calcium: 112.41mg (11.24%), Zinc: 1.36mg (9.04%), Potassium: 313.66mg (8.96%), Vitamin B1: 0.13mg (8.87%), Vitamin K: 8.39µg (7.99%), Folate: 28.55µg (7.14%), Vitamin B5: 0.67mg (6.7%), Vitamin B6: 0.13mg (6.53%), Vitamin B12: 0.27µg (4.55%), Vitamin B3: 0.78mg (3.89%), Vitamin D: 0.37µg (2.46%), Vitamin C: 1mg (1.21%)