



PHILADELPHIA Classic New York Cheesecake

 Vegetarian

READY IN



385 min.

SERVINGS



16

CALORIES



411 kcal

DESSERT

Ingredients

- 2 Tbsp apricot preserves
- 3 Tbsp butter melted
- 1 cup knudsen cream sour
- 40 oz philadelphia cream cheese softened
- 4 eggs
- 3 Tbsp flour
- 1 cup graham cracker crumbs
- 1 kiwi fruit sliced

- 1 navel oranges
- 1 cup sugar
- 3 Tbsp sugar
- 1 Tbsp vanilla

Equipment

- frying pan
- oven
- knife
- blender
- springform pan

Directions

- Heat oven to 325F
- Mix crumbs, 3 Tbsp. sugar and butter; press onto bottom of 9-inch springform pan.
- Bake 10 min.
- Beat cream cheese, 1 cup sugar, flour and vanilla with mixer until well blended.
- Add sour cream; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour over crust.
- Bake 1 hour 10 min. or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate 4 hours.
- Melt jam when ready to serve cheesecake. Top cheesecake with fruit; brush with jam.

Nutrition Facts



PROTEIN 6.49% **FAT 66.71%** **CARBS 26.8%**

Properties

Glycemic Index:26.18, Glycemic Load:15.29, Inflammation Score:-6, Nutrition Score:6.539130444112%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 411.48kcal (20.57%), Fat: 31g (47.7%), Saturated Fat: 17.57g (109.8%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 27.44g (9.98%), Sugar: 21.57g (23.97%), Cholesterol: 126.71mg (42.24%), Sodium: 295.96mg (12.87%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 6.79g (13.58%), Vitamin A: 1199.01IU (23.98%), Vitamin B2: 0.27mg (15.76%), Selenium: 10.66µg (15.22%), Phosphorus: 125.37mg (12.54%), Vitamin C: 9.77mg (11.84%), Calcium: 100.91mg (10.09%), Vitamin B5: 0.66mg (6.64%), Vitamin E: 0.93mg (6.22%), Folate: 21.96µg (5.49%), Vitamin B12: 0.29µg (4.81%), Potassium: 167.35mg (4.78%), Zinc: 0.68mg (4.51%), Vitamin B6: 0.08mg (4.07%), Vitamin K: 4.22µg (4.02%), Magnesium: 14.67mg (3.67%), Vitamin B1: 0.05mg (3.62%), Iron: 0.61mg (3.38%), Fiber: 0.59g (2.35%), Vitamin B3: 0.43mg (2.16%), Copper: 0.04mg (2.1%), Manganese: 0.03mg (1.68%), Vitamin D: 0.22µg (1.47%)