



Raspberry Swirl Cheesecake

 Vegetarian

READY IN



145 min.

SERVINGS



12

CALORIES



383 kcal

DESSERT

Ingredients

- 16 ounce weight cream cheese fat-free softened
- 3 large egg whites
- 2 large eggs
- 2 tablespoons flour all-purpose
- 9 graham crackers
- 2 teaspoons lemon zest fresh finely grated
- 1 cup cream sour reduced-fat
- 6 ounces raspberries fresh

- 0.3 teaspoon salt
- 1.3 cups sugar divided
- 2 teaspoons vanilla extract pure
- 3 tablespoons vegetable oil
- 2 tablespoons water
- 16 ounce cream cheese softened

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- hand mixer
- roasting pan
- springform pan
- skewers

Directions

- Preheat oven to 35
- Coat a 9-inch springform pan with cooking spray. Pulse graham crackers in a food processor until finely ground.
- Add oil and water; pulse until clumps form. Press crumbs into bottom and 1 inch up side of pan.
- Bake until fragrant (about 10 minutes). Cool on rack. Reduce oven temperature to 32
- Process raspberries in food processor with 2 tablespoons sugar until smooth. Strain pure into a small saucepan. Boil mixture for 3 minutes, until slightly thickened. Cool to room temperature.

- In the bowl of an electric mixer, beat cream cheese and remaining 1 1/4 cups sugar until smooth (about 5 minutes).
- Add sour cream and beat until just combined.
- Add eggs then egg whites, one at a time, beating after each addition to incorporate.
- Add flour, vanilla, lemon zest, and salt, and mix until combined.
- Pour batter into prepared pan, then place cheesecake into a roasting pan. Drop teaspoons of raspberry pure all over top of cheesecake. Using a wooden skewer or knife, swirl the pure.
- Place roasting pan in oven and add hot water to roasting pan to a depth of 2 inches.
- Bake until cake is set but the center still jiggles (about 1 hour, 10 minutes). Turn off oven. Cool cheesecake in closed oven for 30 minutes.
- Remove springform pan from water bath. Run a knife around inside edge of pan; cool to room temperature. Chill until firm (at least 6 hours) before unmolding.

Nutrition Facts



■ **PROTEIN 12.31%**
■ **FAT 48.44%**
■ **CARBS 39.25%**

Properties

Glycemic Index:22.67, Glycemic Load:21.65, Inflammation Score:-5, Nutrition Score:8.585217418878%

Flavonoids

Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 383.04kcal (19.15%), Fat: 20.84g (32.06%), Saturated Fat: 10.09g (63.07%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 36.64g (13.33%), Sugar: 27.56g (30.62%), Cholesterol: 80.42mg (26.81%), Sodium: 543.7mg (23.64%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 11.92g (23.84%), Phosphorus: 296.23mg (29.62%), Calcium: 214.47mg (21.45%), Vitamin B2: 0.33mg (19.18%), Selenium: 10.48µg (14.98%), Vitamin

A: 640.39IU (12.81%), Vitamin B12: 0.6µg (10.07%), Folate: 33.12µg (8.28%), Zinc: 1.24mg (8.25%), Vitamin K: 8.35µg (7.95%), Potassium: 263.83mg (7.54%), Vitamin B5: 0.73mg (7.3%), Magnesium: 25.29mg (6.32%), Manganese: 0.12mg (5.99%), Vitamin E: 0.88mg (5.87%), Fiber: 1.35g (5.39%), Vitamin C: 4.32mg (5.23%), Iron: 0.88mg (4.91%), Vitamin B1: 0.07mg (4.91%), Vitamin B6: 0.08mg (3.9%), Vitamin B3: 0.71mg (3.55%), Copper: 0.05mg (2.59%), Vitamin D: 0.2µg (1.37%)