



 **15%**
HEALTH SCORE

Raw Vegan Blueberry Chocolate Crust "Cheesecake"

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



557 kcal

DESSERT

Ingredients

- 1 cup agave nectar raw
- 0.3 cup almonds raw
- 4 tablespoons blueberries fresh
- 2.5 tablespoons cocoa powder raw
- 1 cup coconut oil cold pressed
- 1 cup juice of lemon fresh
- 0.5 cup macadamia nuts raw

- 6 medjool dates
- 1.3 cups cashew pieces raw filtered (soaked overnight in water)
- 1 pinch sea salt
- 2.5 tablespoons soy granules
- 1 teaspoon vanilla extract
- 0.3 cup walnuts raw
- 0.1 cup water

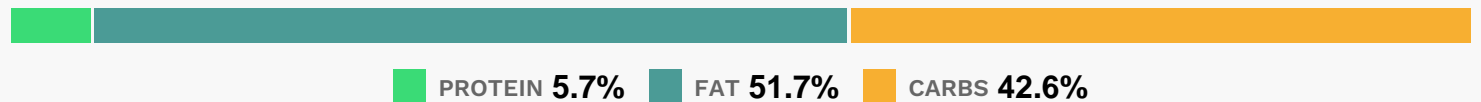
Equipment

- frying pan

Directions

- Place all the filling ingredients (cashews, vanilla extract, lemon juice, water, raw agave, coconut oil, lecithin, salt, and blueberries) in the processor. Process for a good 3 to 5 minutes, or until the filling is nice and smooth.
- Place over the crust in the pan, then FREEZE for a few hours or until it is firm. Enjoy!

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:6.74, Inflammation Score:-6, Nutrition Score:18.132608695652%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.49mg, Delphinidin: 3.49mg, Delphinidin: 3.49mg, Delphinidin: 3.49mg Malvidin: 6.66mg, Malvidin: 6.66mg, Malvidin: 6.66mg, Malvidin: 6.66mg Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg

0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Taste

Sweetness: 70.52%, Saltiness: 5.34%, Sourness: 63.58%, Bitterness: 47.53%, Savoriness: 15.01%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 557.4kcal (27.87%), Fat: 35.76g (55.01%), Saturated Fat: 10.53g (65.82%), Carbohydrates: 66.29g (22.1%), Net Carbohydrates: 59.02g (21.46%), Sugar: 47.04g (52.27%), Cholesterol: 0mg (0%), Sodium: 13.36mg (0.58%), Alcohol: 0.23g (1.27%), Caffeine: 4.79mg (1.6%), Protein: 8.88g (17.75%), Manganese: 1.4mg (70.05%), Copper: 1mg (49.79%), Magnesium: 143.67mg (35.92%), Fiber: 7.27g (29.08%), Vitamin C: 23.26mg (28.19%), Phosphorus: 260.9mg (26.09%), Vitamin B1: 0.35mg (23.19%), Vitamin K: 20.19µg (19.23%), Iron: 3.3mg (18.31%), Vitamin B6: 0.35mg (17.46%), Vitamin E: 2.35mg (15.65%), Zinc: 2.33mg (15.5%), Potassium: 534.28mg (15.27%), Vitamin B2: 0.2mg (11.74%), Selenium: 7.21µg (10.29%), Folate: 39.34µg (9.83%), Vitamin B3: 1.6mg (7.99%), Vitamin B5: 0.64mg (6.37%), Calcium: 62.09mg (6.21%)