



Red Velvet Cheesecake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



354 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.5 cup buttermilk whole
- ☐ 3 ounce cream cheese softened
- ☐ 4 large eggs lightly beaten
- ☐ 1.5 cups regular graham cracker crumbs
- ☐ 1.5 cups granulated sugar
- ☐ 12 servings garnish: mint sprigs fresh
- ☐ 2 cups powdered sugar

- ☐ 2 ounce food coloring red
- ☐ 1 cup heavy whipping cream sour
- ☐ 3 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon distilled vinegar white

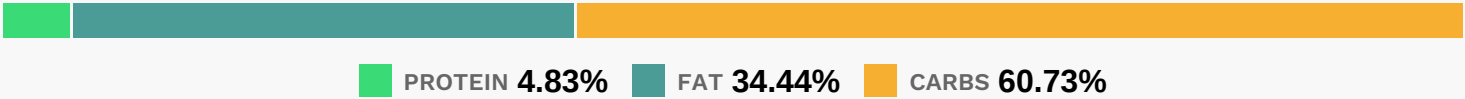
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Stir together crumbs, melted butter, and 1 tablespoon granulated sugar; press mixture into bottom of a 9-inch springform pan. Beat 3 (8-ounce) packages cream cheese and 1 1/2 cups granulated sugar at medium-low speed with an electric mixer 1 minute.
- ☐ Add eggs and next 6 ingredients, mixing on low speed just until fully combined.
- ☐ Pour batter into prepared crust.
- ☐ Bake at 325° for 10 minutes; reduce heat to 300°, and bake for 1 hour and 15 minutes or until center is firm. Run knife along outer edge of cheesecake. Turn oven off.
- ☐ Let cheesecake stand in oven 30 minutes.
- ☐ Remove cheesecake from oven; cool in pan on a wire rack 30 minutes. Cover and chill 8 hours. Beat 1 (3-ounce) package cream cheese and 1/4 cup butter at medium speed with an electric mixer until smooth; gradually add powdered sugar and vanilla, beating until smooth.
- ☐ Spread evenly over top of cheesecake.
- ☐ Remove sides of springform pan.
- ☐ Garnish, if desired. This recipe was created by Rhonda Y. Coker of Columbia, South Carolina and appeared in the Southern Living issue dated December 2004.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:17.71, Inflammation Score:-3, Nutrition Score:3.7565217575301%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 354.16kcal (17.71%), Fat: 13.91g (21.4%), Saturated Fat: 6.94g (43.4%), Carbohydrates: 55.2g (18.4%), Net Carbohydrates: 54.66g (19.88%), Sugar: 48.83g (54.25%), Cholesterol: 91.73mg (30.58%), Sodium: 131.52mg (5.72%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 4.39g (8.79%), Selenium: 7.3µg (10.43%), Vitamin A: 481.75IU (9.64%), Vitamin B2: 0.16mg (9.29%), Phosphorus: 74.73mg (7.47%), Calcium: 52.74mg (5.27%), Vitamin B12: 0.26µg (4.3%), Vitamin B5: 0.41mg (4.1%), Copper: 0.07mg (3.67%), Manganese: 0.07mg (3.52%), Magnesium: 12.73mg (3.18%), Iron: 0.57mg (3.15%), Vitamin D: 0.46µg (3.09%), Zinc: 0.46mg (3.05%), Folate: 11.8µg (2.95%), Vitamin E: 0.43mg (2.85%), Potassium: 97.04mg (2.77%), Vitamin B6: 0.05mg (2.34%), Fiber: 0.54g (2.17%), Vitamin B1: 0.02mg (1.26%)