



Ricotta Cheesecake

 Vegetarian

READY IN



4500 min.

SERVINGS



8

CALORIES



346 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bread crumbs plain dry italian crushed crisp finely fine (macaroons)
- ☐ 0.3 teaspoon cinnamon
- ☐ 6 large eggs 30 minutes at room temperature
- ☐ 0.3 cup flour all-purpose
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 2 pounds ricotta 30 minutes fresh at room temperature
- ☐ 0.5 teaspoon salt

- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon vanilla extract pure

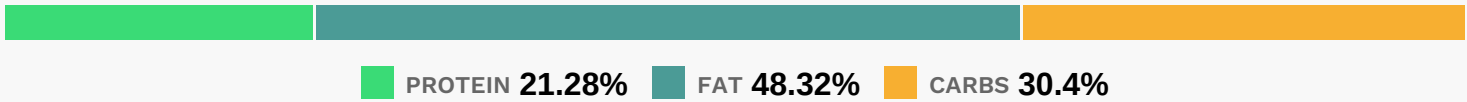
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 325°F with rack in lower third.
- ☐ Lightly butter pan and coat with cookie crumbs, leaving any loose crumbs distributed over bottom of pan.
- ☐ Whisk together remaining ingredients and pour into crust.
- ☐ Bake until puffed and golden but center is still slightly wobbly, about 1 1/2 hours.
- ☐ Cool in pan on a rack (cake will sink a little).
- ☐ Serve cheesecake warm or at room temperature.
- ☐ Ricotta cheesecake is best eaten the day it is made but can be made 1 day ahead and kept at cool room temperature.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:14.72, Inflammation Score:-4, Nutrition Score:10.291739158008%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 345.74kcal (17.29%), Fat: 18.58g (28.59%), Saturated Fat: 10.63g (66.45%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 25.96g (9.44%), Sugar: 17.43g (19.37%), Cholesterol: 197.33mg (65.78%), Sodium: 321.62mg

(13.98%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 18.41g (36.83%), Selenium: 30.33µg (43.33%), Calcium: 264.75mg (26.47%), Phosphorus: 264.13mg (26.41%), Vitamin B2: 0.43mg (25.35%), Vitamin A: 707.64IU (14.15%), Zinc: 1.89mg (12.58%), Vitamin B12: 0.73µg (12.21%), Folate: 42.95µg (10.74%), Vitamin B5: 0.86mg (8.59%), Iron: 1.47mg (8.16%), Vitamin D: 0.98µg (6.51%), Vitamin B1: 0.1mg (6.5%), Vitamin B6: 0.12mg (6.04%), Potassium: 186.53mg (5.33%), Magnesium: 19.72mg (4.93%), Manganese: 0.09mg (4.56%), Vitamin E: 0.53mg (3.53%), Copper: 0.07mg (3.42%), Vitamin B3: 0.63mg (3.16%), Vitamin C: 1.45mg (1.76%), Vitamin K: 1.64µg (1.56%), Fiber: 0.35g (1.42%)