



Ricotta Cheesecake with Fresh Raspberries

 Vegetarian

READY IN



255 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

Ingredients

- 3 large eggs
- 0.3 cup flour all-purpose
- 1 tablespoon orange liqueur
- 1 teaspoon orange zest finely grated
- 15 ounce part-skim ricotta cheese
- 12 ounce raspberries fresh
- 0.3 cup all-fruit raspberry jam seedless
- 4 ounces cream cheese softened

- 0.5 cup reduced fat cream sour
- 0.3 teaspoon salt
- 0.8 cup sugar
- 1 teaspoon vanilla extract

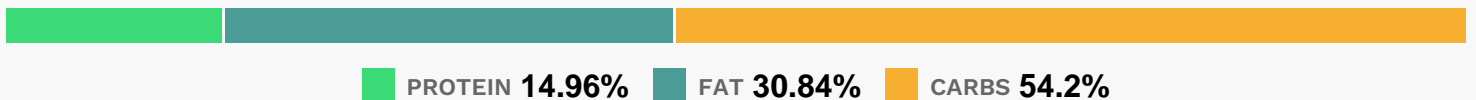
Equipment

- food processor
- frying pan
- sauce pan
- oven
- wire rack
- springform pan

Directions

- Preheat oven to 325 degrees F.
- Coat a 9-inch springform pan with cooking spray.
- Place ricotta in a food processor and process until smooth and creamy.
- Add sour cream, Neufchatel, eggs, sugar, flour, vanilla, orange zest and salt. Process until well blended.
- Pour into the prepared pan and bake until the center is just set, 50 to 55 minutes.
- Transfer to a wire rack to cool and then cover and chill in the refrigerator for at least 3 hours.
- In a small saucepan, bring the jam and liqueur or water to a boil, stirring constantly until smooth.
- Remove sides of pan.
- Brush the tart with the jam mixture and top with raspberries, flat-side down.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:19.81, Inflammation Score:-4, Nutrition Score:9.3234782840895%

Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 293.72kcal (14.69%), Fat: 10.07g (15.49%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 36.79g (13.38%), Sugar: 27.51g (30.57%), Cholesterol: 98.91mg (32.97%), Sodium: 232.85mg (10.12%), Alcohol: 0.66g (100%), Alcohol %: 0.47% (100%), Protein: 10.99g (21.98%), Selenium: 17.39µg (24.84%), Calcium: 210.38mg (21.04%), Phosphorus: 184.92mg (18.49%), Manganese: 0.33mg (16.52%), Vitamin B2: 0.28mg (16.21%), Vitamin C: 12.55mg (15.21%), Fiber: 3.01g (12.05%), Folate: 37.32µg (9.33%), Vitamin A: 445.84IU (8.92%), Zinc: 1.32mg (8.82%), Vitamin B12: 0.51µg (8.53%), Vitamin B5: 0.7mg (6.96%), Potassium: 236.6mg (6.76%), Iron: 1.14mg (6.31%), Magnesium: 23.61mg (5.9%), Vitamin B1: 0.08mg (5.1%), Copper: 0.1mg (4.78%), Vitamin E: 0.7mg (4.67%), Vitamin B6: 0.08mg (3.98%), Vitamin K: 3.98µg (3.79%), Vitamin D: 0.5µg (3.33%), Vitamin B3: 0.58mg (2.9%)