



## Ricotta Cheesecake with Ginger and Kiwi

READY IN



45 min.

SERVINGS



10

CALORIES



205 kcal

DESSERT

### Ingredients

- 2 tablespoons butter melted
- 3 oz gingersnap cookie crumbs
- 0.5 cup crystallized ginger minced
- 4 large egg whites
- 3 kiwi fruit ()
- 2 tablespoons juice of lemon
- 1 tablespoon lemon zest grated
- 1 cup nonfat yogurt (cheese) nonfat cream cheese
- 1 carton ricotta cheese low-fat

- 1 cup sugar
- 1 teaspoon vanilla

## Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- blender
- cake form

## Directions

- Combine crumbs, 1/4 cup ginger, and melted butter. Pat crumb mixture evenly over bottom of a removable-rim 8-inch cheesecake or cake pan (at least 1 3/4 in. deep).
- Bake in a 350 oven until crust is slightly browner, 10 to 12 minutes.
- Meanwhile, in a blender or food processor, whirl ricotta cheese, egg whites, and lemon juice until very smooth.
- In a bowl, mix yogurt cheese, sugar, lemon peel, and vanilla.
- Add ricotta mixture and stir until well blended (the mixture is thin).
- Pour into hot or cool crust.
- Bake in a 350 oven until center barely jiggles when cake is gently shaken, 50 to 55 minutes. Run a thin-bladed knife between cake and pan rim. Refrigerate cake, uncovered, until cool, at least 2 1/2 hours. (If making ahead, wrap airtight when cool and chill up to 2 days.)
- Remove pan rim. Peel kiwi fruit and slice crosswise. Arrange fruit in a ring in overlapping slices on cake; sprinkle with remaining ginger.
- Cut cake into wedges.

## Nutrition Facts



■ PROTEIN 8.79% ■ FAT 20.66% ■ CARBS 70.55%

## Properties

Glycemic Index:18.68, Glycemic Load:18.95, Inflammation Score:-2, Nutrition Score:4.6239130496979%

## Flavonoids

Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 204.53kcal (10.23%), Fat: 4.77g (7.34%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 35.67g (12.97%), Sugar: 30.22g (33.57%), Cholesterol: 1.61mg (0.54%), Sodium: 165.26mg (7.19%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Protein: 4.57g (9.14%), Vitamin C: 22.33mg (27.07%), Vitamin K: 11.94µg (11.37%), Vitamin B2: 0.15mg (8.76%), Selenium: 5.49µg (7.84%), Phosphorus: 60.98mg (6.1%), Vitamin E: 0.66mg (4.38%), Folate: 17.27µg (4.32%), Fiber: 1g (4.01%), Manganese: 0.07mg (3.58%), Potassium: 120.36mg (3.44%), Calcium: 33.36mg (3.34%), Vitamin B1: 0.04mg (2.97%), Copper: 0.06mg (2.84%), Vitamin A: 133.89IU (2.68%), Magnesium: 9.91mg (2.48%), Vitamin B3: 0.43mg (2.17%), Iron: 0.38mg (2.12%), Vitamin B5: 0.21mg (2.1%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.2mg (1.31%)