



Ricotta Cheesecake with Strawberries

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



380 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 4 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 16 oz cream cheese at room temperature reduced-fat
- ☐ 2 cups cream sour at room temperature
- ☐ 15 oz part-skim ricotta
- ☐ 15 large strawberries hulled

- ☐ 1 cup strawberry jam (such as Polaner's)
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract

Equipment

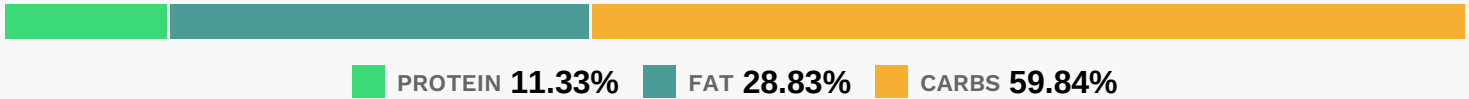
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Make cheesecake: Preheat oven to 350F. Wrap bottom of a 9-inch springform pan with 2 layers of aluminum foil. Coat pan with cooking spray.
- ☐ Using an electric mixer at medium speed, beat cream cheese and ricotta until smooth. Beat in sugar, eggs, lemon juice and vanilla.
- ☐ Add flour and cornstarch and use a spatula to fold in until thoroughly blended. Fold in sour cream and butter.
- ☐ Pour into springform pan.
- ☐ Place springform in a large roasting pan and fill with enough hot water to come about 1/3 up sides of springform.
- ☐ Bake until cake is firm around edges but still slightly jiggly in center, 60 to 70 minutes. Turn off oven, remove cheesecake from roasting pan and place cake back in oven for 2 hours to cool. Cover and refrigerate until chilled, at least 2 hours.

- ☐
- Combine lemon juice, fruit spread and 2 Tbsp. water in a small saucepan. Stir over medium-high heat until fruit spread becomes liquid. Strain through a fine-mesh sieve set over a bowl. Use a spoon to work liquid through sieve; discard any solids. Cool to room temperature, stirring occasionally.
- ☐
- Halve or quarter strawberries and arrange decoratively over top of chilled cheesecake.
- ☐
- Brush lightly with glaze and serve.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:26.91, Inflammation Score:-5, Nutrition Score:9.4065217505331%

Flavonoids

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Nutrients (% of daily need)

Calories: 379.54kcal (18.98%), Fat: 12.28g (18.89%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 57.33g (19.11%), Net Carbohydrates: 56.27g (20.46%), Sugar: 38.82g (43.13%), Cholesterol: 101.86mg (33.95%), Sodium: 267.85mg (11.65%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 10.85g (21.7%), Vitamin C: 23.31mg (28.25%), Selenium: 16.12µg (23.03%), Calcium: 221.92mg (22.19%), Phosphorus: 208.27mg (20.83%), Vitamin B2: 0.31mg (18.4%), Vitamin B12: 0.72µg (11.96%), Vitamin A: 594.99IU (11.9%), Folate: 39.06µg (9.76%), Manganese: 0.17mg (8.49%), Potassium: 289.68mg (8.28%), Zinc: 1.18mg (7.88%), Vitamin B5: 0.72mg (7.23%), Magnesium: 20.4mg (5.1%), Iron: 0.9mg (4.99%), Vitamin B1: 0.07mg (4.84%), Copper: 0.09mg (4.65%), Fiber: 1.06g (4.25%), Vitamin B6: 0.08mg (4.19%), Vitamin D: 0.52µg (3.45%), Vitamin E: 0.49mg (3.28%), Vitamin B3: 0.37mg (1.85%), Vitamin K:

1.63µg (1.55%)