



Roquefort Cheesecake with Pear Preserves and Pecans

 Vegetarian

READY IN



595 min.

SERVINGS



15

CALORIES



315 kcal

Ingredients

- ☐ 15 servings round buttery crackers red seedless assorted
- ☐ 16 oz cream cheese softened
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 11.5 oz pear preserves
- ☐ 8 oz roquefort cheese chopped

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.5 cup walnut halves

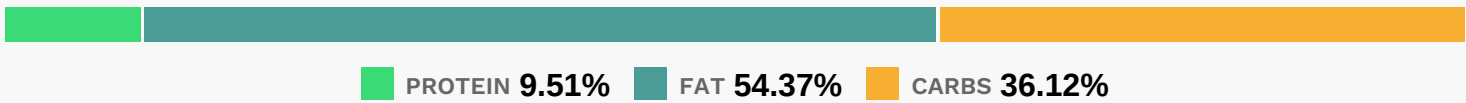
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until lightly toasted and fragrant, stirring halfway through. Reduce oven temperature to 32
- ☐ Beat cream cheese and next 4 ingredients at medium speed with an electric mixer until blended.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears after each addition; fold in flour. Spoon cheese mixture into a lightly greased 7-inch springform pan.
- ☐ Bake at 325 for 1 hour or until set. Run a knife around outer edge of cheesecake to loosen from sides of pan.
- ☐ Let cool in pan on a wire rack 30 minutes. Cover and chill 8 hours.
- ☐ Remove sides of pan.
- ☐ Transfer cheesecake to a platter, and spoon preserves over top; sprinkle with pecans.
- ☐ Serve with crackers, red grapes, and assorted vegetables.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:12.08, Inflammation Score:-5, Nutrition Score:9.1760869803636%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 315.03kcal (15.75%), Fat: 19.95g (30.69%), Saturated Fat: 10.32g (64.49%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 27.7g (10.07%), Sugar: 23.19g (25.76%), Cholesterol: 73.47mg (24.49%), Sodium: 383.31mg (16.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.69%), Vitamin K: 25.46µg (24.24%), Vitamin B2: 0.31mg (18.05%), Calcium: 160.17mg (16.02%), Vitamin A: 777.43IU (15.55%), Phosphorus: 153.42mg (15.34%), Copper: 0.26mg (12.95%), Manganese: 0.25mg (12.62%), Selenium: 7.8µg (11.15%), Potassium: 359.26mg (10.26%), Vitamin B6: 0.19mg (9.35%), Vitamin B1: 0.13mg (8.56%), Fiber: 2.11g (8.46%), Vitamin C: 5.67mg (6.88%), Vitamin B5: 0.66mg (6.65%), Magnesium: 25.85mg (6.46%), Folate: 24.24µg (6.06%), Zinc: 0.82mg (5.46%), Iron: 0.92mg (5.09%), Vitamin E: 0.66mg (4.37%), Vitamin B12: 0.24µg (3.98%), Vitamin B3: 0.53mg (2.66%)