



Ruthie Cheese Cake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 16 ounces cream cheese
- 4 eggs
- 0.5 teaspoon ground cinnamon to taste
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 cup sugar white

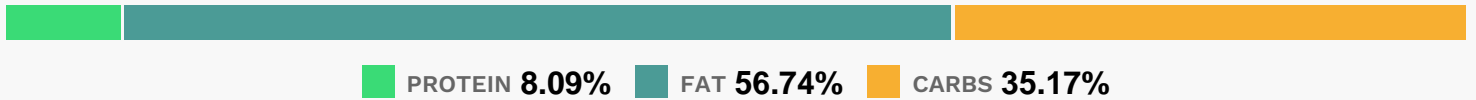
Equipment

- frying pan
- oven
- blender

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 8x8 inch square pan.
- Place the cream cheese, milk, sugar, corn starch and vanilla in a blender and puree.
- Add the eggs one at a time after the last egg has been added blend mixture for 7 minutes.
- Pour batter into the prepared pan and sprinkle top with cinnamon.
- Bake at 350 degrees F (175 degrees C) for 1 hour.
- Let cheese cake cool in oven for one hour. Then place in the refrigerator for at least 3 to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:18.84, Inflammation Score:-5, Nutrition Score:5.8208696159494%

Nutrients (% of daily need)

Calories: 353.83kcal (17.69%), Fat: 22.66g (34.85%), Saturated Fat: 12.71g (79.44%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 31.52g (11.46%), Sugar: 28.7g (31.88%), Cholesterol: 142.77mg (47.59%), Sodium: 221.35mg (9.62%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 7.27g (14.54%), Vitamin A: 930.05IU (18.6%), Selenium: 12.42µg (17.74%), Vitamin B2: 0.28mg (16.37%), Phosphorus: 135.4mg (13.54%), Calcium: 106.43mg (10.64%), Vitamin B12: 0.49µg (8.09%), Vitamin B5: 0.77mg (7.75%), Vitamin D: 0.78µg (5.17%), Vitamin E: 0.74mg (4.91%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.4%), Potassium: 152.79mg (4.37%), Folate: 15.45µg (3.86%), Magnesium: 11.6mg (2.9%), Iron: 0.48mg (2.67%), Vitamin B1: 0.04mg (2.6%), Manganese: 0.04mg (1.93%), Copper: 0.03mg (1.49%), Vitamin K: 1.39µg (1.32%)