



Salsa Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



56 kcal

Ingredients

- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 2 teaspoons chili powder
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 1 tablespoon breadcrumbs dry
- ☐ 1 large eggs
- ☐ 1 large egg whites
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons spring onion sliced

- ☐ 1 teaspoon ground cumin
- ☐ 8 ounce cream cheese light with chives and onions, softened
- ☐ 0.5 cup reduced fat mexican blend cheese
- ☐ 0.5 cup salsa
- ☐ 0.3 cup tomatoes seeded chopped
- ☐ 4 cups water hot
- ☐ 3 tablespoons bell pepper yellow chopped

Equipment

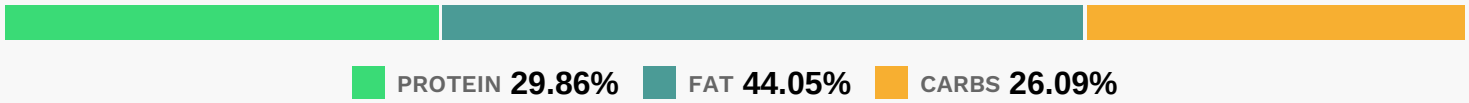
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ ramekin
- ☐ aluminum foil
- ☐ springform pan
- ☐ slow cooker

Directions

- ☐ Coat a 7-inch springform pan with cooking spray; sprinkle breadcrumbs over bottom of pan. Wrap bottom and sides of prepared pan with foil.
- ☐ Beat cream cheeses with a mixer at medium speed until smooth.
- ☐ Add salsa and next 4 ingredients (through chiles); beat just until blended.
- ☐ Add egg and egg white; beat just until blended (do not overbeat). Stir in Mexican blend cheese.
- ☐ Pour cheese mixture into prepared pan.
- ☐ Place a 10-ounce custard cup or ramekin, upside down, in a round 5-quart electric slow cooker.

- ☐ Place springform pan on top of custard cup. Carefully pour 4 cups hot water into slow cooker, being careful not to get water into cheese mixture.
- ☐ Place several layers of paper towels over top of slow cooker. Cover and cook on HIGH for 1 hour and 45 minutes or until cheesecake is set.
- ☐ Turn slow cooker off. Uncover; discard paper towels (do not remove pan from crockery insert). Carefully run a knife around edge of cheesecake.
- ☐ Remove crockery insert from slow cooker.
- ☐ Let cheesecake stand, uncovered, in crockery insert 30 minutes.
- ☐ Remove pan from crockery insert, and let cheesecake cool completely in pan on a wire rack. Cover and chill 24 hours.
- ☐ Carefully remove sides from springform pan.
- ☐ Layer cilantro, tomato, green onions, and yellow bell pepper in center of cheesecake.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.3747825778049%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 55.57kcal (2.78%), Fat: 2.75g (4.23%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.69g (1.87%), Cholesterol: 18.52mg (6.17%), Sodium: 226.13mg (9.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Phosphorus: 104.38mg (10.44%), Calcium: 99.52mg (9.95%), Vitamin C: 5.27mg (6.39%), Vitamin B2: 0.09mg (5.29%), Vitamin A: 239IU (4.78%), Vitamin B12: 0.28µg (4.73%), Selenium: 2.93µg (4.18%), Folate: 14.25µg (3.56%), Vitamin K: 3.35µg (3.19%), Potassium: 110.13mg (3.15%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.26mg (2.63%), Vitamin B6: 0.05mg (2.33%), Iron: 0.37mg (2.07%), Magnesium: 8.13mg (2.03%), Vitamin B1: 0.02mg (1.63%), Vitamin E: 0.24mg (1.62%), Fiber: 0.4g (1.61%), Manganese: 0.03mg (1.56%), Copper: 0.03mg (1.53%), Vitamin B3: 0.27mg (1.36%)