



## Santa Fe Cheesecake

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



20

CALORIES



197 kcal

## Ingredients

- 3 tablespoons butter melted
- 16 ounces cream cheese softened
- 2 eggs lightly beaten
- 4 ounces to 2 chilies slit green drained chopped canned
- 0.5 cup spring onion chopped
- 8 ounces monterrey jack cheese shredded
- 8 ounces cream sour
- 0.3 cup tomatoes chopped
- 1 cup tortilla chips crushed

1 cup bell pepper sweet yellow chopped

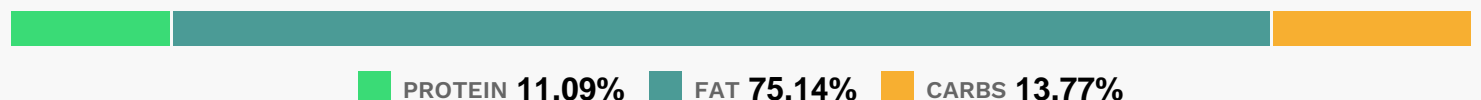
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- springform pan

## Directions

- In a small bowl, combine tortilla chips and butter; press onto the bottom of a greased 9-in. springform pan.
- Place on a baking sheet.
- Bake at 325° for 15 minutes or until lightly browned.
- In a large bowl, beat cream cheese until smooth.
- Add eggs; beat on low speed just until combined. Stir in Monterey Jack cheese and chilies; pour into crust.
- Place pan on a baking sheet.
- Bake for 30–35 minutes or until center is almost set. Cool on a wire rack for 10 minutes.
- Spread sour cream over cheesecake. Carefully run a knife around edge of pan to loosen; cool for 1 hour. Refrigerate overnight.
- Remove sides of pan.
- Garnish with yellow pepper, onions and tomato. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:5.0599999816521%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 197.41kcal (9.87%), Fat: 16.77g (25.81%), Saturated Fat: 9.27g (57.97%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.26g (2.27%), Sugar: 1.67g (1.86%), Cholesterol: 60.57mg (20.19%), Sodium: 200.93mg (8.74%), Alcohol: 0g (100%), Protein: 5.57g (11.14%), Vitamin C: 15.26mg (18.5%), Calcium: 129.98mg (13%), Vitamin A: 599.36IU (11.99%), Phosphorus: 108.7mg (10.87%), Vitamin B2: 0.14mg (8.51%), Selenium: 5.68µg (8.11%), Vitamin K: 7.66µg (7.3%), Zinc: 0.66mg (4.37%), Vitamin E: 0.59mg (3.95%), Vitamin B12: 0.21µg (3.51%), Vitamin B5: 0.35mg (3.46%), Magnesium: 13.3mg (3.33%), Vitamin B6: 0.06mg (3.01%), Folate: 11.49µg (2.87%), Potassium: 98.92mg (2.83%), Fiber: 0.66g (2.64%), Iron: 0.36mg (1.99%), Vitamin B1: 0.02mg (1.57%), Copper: 0.03mg (1.5%), Manganese: 0.02mg (1.09%), Vitamin D: 0.16µg (1.04%)