



Savory Yogurt Cheesecake with Caramelized Onions

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 2.5 tablespoons butter chilled cut into small pieces
- ☐ 4 ounces cream cheese fat-free block-style softened
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 large egg yolk
- ☐ 0.5 cup flour all-purpose

- ☐ 0.3 cup ice water
- ☐ 1.5 pounds onion sliced
- ☐ 1 cup part-skim ricotta cheese
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup cornmeal yellow
- ☐ 32 ounce carton yogurt plain low-fat

Equipment

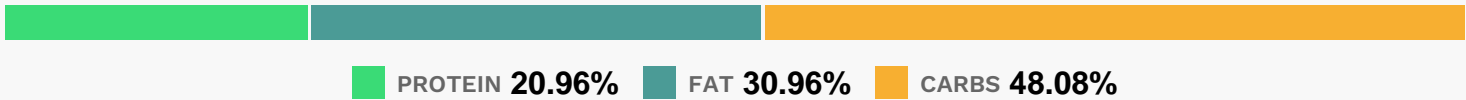
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ springform pan
- ☐ measuring cup
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ To prepare filling, place colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon 1 3/4 cups yogurt cheese into a bowl; discard liquid.

- ☐ Place cream cheese in a bowl; beat with a mixer at medium speed until smooth.
- ☐ Add the yogurt cheese, ricotta cheese, 1/2 teaspoon salt, 1/4 teaspoon pepper, and egg yolk. Beat at low speed just until blended.
- ☐ Preheat oven to 35
- ☐ To prepare crust, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour, cornmeal, 1 teaspoon sugar, 1/2 teaspoon salt, and dash of pepper in a food processor; pulse 3 times or until combined.
- ☐ Add 2 1/2 tablespoons butter; pulse 4 times or until mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until moist (do not form a ball). Press cornmeal mixture into bottom of an 8-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until lightly browned. Cool on a wire rack.
- ☐ To prepare onions, while crust bakes melt 1 teaspoon butter in a large nonstick skillet over medium heat.
- ☐ Add the onion; cook 15 minutes, stirring occasionally. Stir in 1 tablespoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover and cook 25 minutes or until browned and tender, stirring occasionally. Stir in thyme.
- ☐ Spread the yogurt mixture into prepared crust.
- ☐ Bake at 350 for 35 minutes or until almost set. Cool on a wire rack. (Cheesecake will continue to set as it cools.)
- ☐ Serve at room temperature.
- ☐ Cut cheesecake into wedges, and serve with onions.

Nutrition Facts



Properties

Glycemic Index:47.47, Glycemic Load:9.44, Inflammation Score:-6, Nutrition Score:10.072174025619%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin:

3.41mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.81mg, Quercetin: 13.81mg, Quercetin: 13.81mg, Quercetin: 13.81mg

Nutrients (% of daily need)

Calories: 224.52kcal (11.23%), Fat: 7.79g (11.98%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 25.08g (9.12%), Sugar: 11.72g (13.02%), Cholesterol: 41.45mg (13.82%), Sodium: 320.46mg (13.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.73%), Calcium: 295.91mg (29.59%), Phosphorus: 287.58mg (28.76%), Vitamin B2: 0.34mg (19.87%), Selenium: 11.64µg (16.62%), Vitamin B12: 0.73µg (12.13%), Folate: 47.13µg (11.78%), Zinc: 1.77mg (11.78%), Potassium: 410.91mg (11.74%), Vitamin B1: 0.16mg (10.51%), Manganese: 0.21mg (10.31%), Magnesium: 38.87mg (9.72%), Vitamin B6: 0.19mg (9.66%), Vitamin B5: 0.91mg (9.06%), Fiber: 2.12g (8.5%), Vitamin C: 5.81mg (7.04%), Iron: 1.05mg (5.85%), Vitamin A: 277.47IU (5.55%), Copper: 0.08mg (4.16%), Vitamin B3: 0.8mg (4%), Vitamin K: 2.79µg (2.66%), Vitamin E: 0.24mg (1.59%)