



Smooth Strawberry Cheesecake

READY IN



270 min.

SERVINGS



8

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 envelope gelatin powder unflavored
- ☐ 1.3 cups graham cracker crumbs
- ☐ 0.5 cup granulated sugar
- ☐ 0.7 cup milk — amount will vary
- ☐ 16 ounce strawberries frozen thawed
- ☐ 8 servings extra sugar if making the puree
- ☐ 8 servings whipped cream sweetened (garnish)
- ☐ 4 tablespoons butter unsalted

- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water cold
- ☐ 1 cup whipping cream

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Combine the crumbs, sugar and butter and press into bottom of a 9 inch round cheesecake pan.
- ☐ Bake for 10 minutes and let cool. In a metal bowl, using an electric mixer, beat the whipped cream until stiff peaks form. Set aside. In another mixing bowl, beat the cream cheese, sugar and vanilla until smooth.
- ☐ Drain the juice from the thawed strawberries.
- ☐ Add enough milk to make 1 cup liquid, and stir into cream cheese mixture.
- ☐ Put the water in a small saucepan.
- ☐ Add the gelatin and stir over low heat until dissolved. Gradually add the dissolved gelatin to the cheesecake mixture. Divide the reserved strawberries in half. Puree about half of them and add to the batter. You will use the rest for the topping, so keep the processor handy. Fold the whipped cream into the batter, then pour the mixture into the cheesecake pan and chill for a few hours or until firm. To make the strawberry puree topping, puree the remaining strawberries and add sugar to taste.
- ☐ Garnish cheesecake with the strawberry puree and sweetened whipped cream.

Nutrition Facts



 **PROTEIN 4.81%**  **FAT 57.96%**  **CARBS 37.23%**

Properties

Glycemic Index:46.77, Glycemic Load:26.66, Inflammation Score:-7, Nutrition Score:8.0978260973225%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 450.67kcal (22.53%), Fat: 29.72g (45.72%), Saturated Fat: 17.59g (109.92%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 41.35g (15.04%), Sugar: 33.7g (37.45%), Cholesterol: 84.3mg (28.1%), Sodium: 195.46mg (8.5%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 5.55g (11.11%), Vitamin C: 33.52mg (40.63%), Vitamin A: 1073.83IU (21.48%), Vitamin B2: 0.21mg (12.15%), Phosphorus: 115.64mg (11.56%), Manganese: 0.23mg (11.32%), Calcium: 100.33mg (10.03%), Selenium: 4.59µg (6.56%), Fiber: 1.58g (6.32%), Potassium: 218.03mg (6.23%), Folate: 24.04µg (6.01%), Vitamin E: 0.89mg (5.95%), Magnesium: 23.32mg (5.83%), Vitamin D: 0.83µg (5.52%), Iron: 0.86mg (4.79%), Vitamin B1: 0.07mg (4.68%), Zinc: 0.66mg (4.43%), Vitamin B12: 0.25µg (4.15%), Vitamin B5: 0.41mg (4.11%), Vitamin B6: 0.08mg (4.07%), Vitamin B3: 0.79mg (3.96%), Vitamin K: 3.46µg (3.29%), Copper: 0.06mg (3.18%)