



Strawberry Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup graham cracker crumbs (5 cookie sheets)
- ☐ 16 ounces cream cheese light softened
- ☐ 2 cups curd cottage cheese 1% low-fat
- ☐ 0.5 cup strawberries
- ☐ 0.5 cup sugar

- ☐ 2 teaspoons vanilla extract
- ☐ 1 teaspoon water

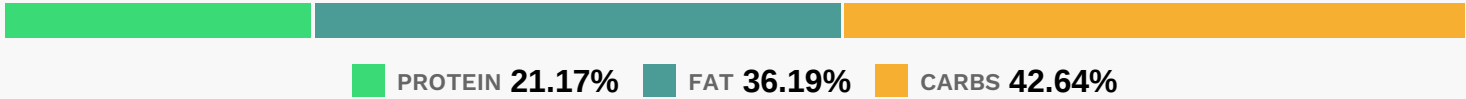
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 450
- ☐ Press graham cracker crumbs into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Place cottage cheese in a blender, and process until smooth. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cream cheese, and sugar in a large bowl; beat with a mixer at low speed until smooth. Beat in cottage cheese and vanilla.
- ☐ Add egg whites and egg, 1 at a time, beating well after each addition.
- ☐ Pour cheese mixture into prepared pan.
- ☐ Combine strawberries and water in a blender, and process until smooth. Swirl strawberry mixture into cheese mixture using the tip of a knife.
- ☐ Bake at 450 for 15 minutes. Reduce oven temperature to 250 (do not remove cheesecake from oven); bake an additional 45 minutes or until cheesecake center barely moves when pan is touched.
- ☐ Remove cheesecake from oven; run a knife around the outside edge. Cool to room temperature. Cover and chill at least 8 hours.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:12.26, Inflammation Score:-3, Nutrition Score:5.6382608491441%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.49kcal (10.77%), Fat: 8.6g (13.23%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 22.36g (8.13%), Sugar: 15.83g (17.58%), Cholesterol: 44.9mg (14.97%), Sodium: 406.26mg (17.66%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 11.32g (22.64%), Phosphorus: 158.28mg (15.83%), Vitamin B2: 0.25mg (14.42%), Selenium: 9.89µg (14.12%), Vitamin B12: 0.75µg (12.54%), Calcium: 104.77mg (10.48%), Folate: 27µg (6.75%), Vitamin A: 296.78IU (5.94%), Vitamin B5: 0.59mg (5.93%), Potassium: 195.46mg (5.58%), Vitamin C: 4.23mg (5.13%), Vitamin B1: 0.07mg (4.71%), Zinc: 0.65mg (4.35%), Iron: 0.67mg (3.74%), Vitamin B6: 0.07mg (3.56%), Magnesium: 12.66mg (3.16%), Manganese: 0.06mg (2.99%), Vitamin B3: 0.58mg (2.9%), Copper: 0.04mg (2.17%), Fiber: 0.44g (1.77%), Vitamin D: 0.24µg (1.57%), Vitamin E: 0.2mg (1.35%)