



Strawberry cheesecake crunchies

READY IN



45 min.

SERVINGS



6

CALORIES



729 kcal

DESSERT

Ingredients

- ☐ 40 g butter
- ☐ 125 ml double cream
- ☐ 100 g brown sugar
- ☐ 25 g almonds flaked
- ☐ 25 g pistachios shelled chopped
- ☐ 50 g flour plain
- ☐ 200 g cheese soft
- ☐ 397 g condensed milk sweetened canned
- ☐ 2 lemon zest grated

- ☐ 142 ml double cream
- ☐ 450 g strawberries
- ☐ 2 tbsp brown sugar
- ☐ 2 tbsp jam

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 180C/gas 4/fan 160C. Line a baking sheet with non-stick parchment. Slowly bring the butter, cream and sugar to the boil, stirring. Take off the heat and stir in the nuts and flour.
- ☐ Spread half the mixture in a 20cm round on the baking sheet.
- ☐ Bake for 10–12 minutes until lightly browned. Cool for 2 minutes on the sheet and then transfer to a rack to go brittle and crispy. Repeat with the other half.
- ☐ Beat the cheese until softened, and then gradually beat in the milk, lemon and lightly whipped cream. Chill for 2–4 hours until softly set.
- ☐ Squash four strawberries through a sieve into a pan.
- ☐ Add the sugar and redcurrant jelly and heat gently, stirring to dissolve. Boil for 2–3 minutes to make a syrup, then cool.
- ☐ Slice the remaining strawberries. Break the biscuit into shards.
- ☐ Layer the cheese mixture, strawberries, syrup and biscuit in glasses, reserving a few pieces. Chill (up to 2 hours ahead). To serve, top with the remaining biscuit.

Nutrition Facts



 **PROTEIN 6.3%**  **FAT 51.78%**  **CARBS 41.92%**

Properties

Glycemic Index:56, Glycemic Load:31.41, Inflammation Score:-8, Nutrition Score:16.830000151759%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.64mg, Pelargonidin: 18.64mg, Pelargonidin: 18.64mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 728.95kcal (36.45%), Fat: 43.08g (66.27%), Saturated Fat: 24.5g (153.15%), Carbohydrates: 78.46g (26.15%), Net Carbohydrates: 75.5g (27.46%), Sugar: 66.11g (73.46%), Cholesterol: 121.08mg (40.36%), Sodium: 252.69mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.57%), Vitamin C: 49.49mg (59.99%), Vitamin B2: 0.56mg (32.76%), Calcium: 301.39mg (30.14%), Phosphorus: 300.42mg (30.04%), Vitamin A: 1476.32IU (29.53%), Selenium: 18.05µg (25.79%), Manganese: 0.52mg (25.78%), Potassium: 566.34mg (16.18%), Vitamin E: 2.36mg (15.71%), Vitamin B1: 0.21mg (13.8%), Magnesium: 53.77mg (13.44%), Folate: 50.68µg (12.67%), Fiber: 2.96g (11.84%), Vitamin B5: 1.01mg (10.14%), Vitamin B6: 0.2mg (9.85%), Copper: 0.18mg (9.21%), Zinc: 1.3mg (8.68%), Iron: 1.42mg (7.87%), Vitamin B12: 0.45µg (7.46%), Vitamin B3: 1.22mg (6.1%), Vitamin D: 0.85µg (5.66%), Vitamin K: 4.67µg (4.45%)