



Strawberry-Coconut Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



540 kcal

DESSERT

Ingredients

- ☐ 0.3 cup frangelico (such as Malibu)
- ☐ 3 tablespoons cornstarch
- ☐ 24 ounce cream cheese room temperature
- ☐ 1 cup cream of coconut sweetened canned (such as Coco López)
- ☐ 4 large eggs
- ☐ 0.8 cup graham cracker crumbs
- ☐ 3 pint strawberries stemmed sliced
- ☐ 0.3 cup strawberry jam seedless

- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 0.5 cup coconut shredded unsweetened cooled toasted
- ☐ 2 tablespoons water

Equipment

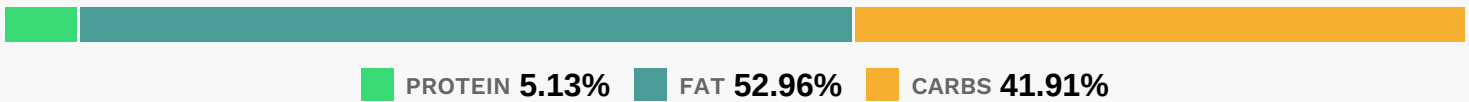
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ double boiler
- ☐ hand mixer
- ☐ roasting pan
- ☐ cake form
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush 9-inch-diameter cake pan with 2-inch-high sides with 1 tablespoon melted butter. Line pan with parchment paper; lightly brush paper with some of melted butter. Blend crumbs, coconut, sugar, and remaining butter in medium bowl. Press mixture over bottom of prepared pan.
- ☐ Bake crust until lightly browned at edges, about 10 minutes. Cool. Reduce oven temperature to 300°F.
- ☐ Using electric mixer, beat first 4 ingredients in large bowl until blended. Beat in eggs 1 at a time. Beat in cream of coconut and rum.
- ☐ Pour batter over crust.

- ☐ Place cake pan in large roasting pan.
- ☐ Add enough water to roasting pan to come 1 inch up sides of cake pan. Cover roasting pan with foil.
- ☐ Bake cake 1 hour.
- ☐ Remove foil.
- ☐ Bake until cake is pale brown, puffed, and just set in center, about 40 minutes. Cool cake in water bath 2 hours.
- ☐ Remove from water; run knife around cake to loosen. Chill cake in pan 3 hours. (Can be made 2 days ahead. Cover and keep chilled.)
- ☐ Preheat oven to 350°F.
- ☐ Place cake in oven 2 minutes.
- ☐ Remove from oven.
- ☐ Place sheet of foil, then 10-inch-diameter cardboard round or tart pan bottom on top of cake. Turn pan over. Shake gently, allowing cake to settle onto foil and round.
- ☐ Remove pan and parchment.
- ☐ Place platter atop cake and turn cake right side up onto platter.
- ☐ Remove round and foil.
- ☐ Simmer jam and 2 tablespoons water in small saucepan.
- ☐ Brush top of cake with warm jam. Overlap berries atop cake, covering completely.
- ☐ Brush remaining jam over berries; chill. (Can be prepared up to 8 hours ahead.)
- ☐ Baking cheesecake in the gentle, even heat of a water bath (bain-marie) ensures a uniform texture. *Available at specialty foods stores and natural foods stores. **Available in the liquor section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:20.64, Inflammation Score:-7, Nutrition Score:12.737391316372%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 540.16kcal (27.01%), Fat: 32.48g (49.96%), Saturated Fat: 20.42g (127.64%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 53.73g (19.54%), Sugar: 45.99g (51.1%), Cholesterol: 129.43mg (43.14%), Sodium: 254.51mg (11.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.17%), Vitamin C: 70.24mg (85.14%), Manganese: 0.58mg (28.93%), Vitamin A: 983.85IU (19.68%), Selenium: 11.53µg (16.47%), Fiber: 4.09g (16.37%), Vitamin B2: 0.26mg (15.25%), Phosphorus: 143.39mg (14.34%), Folate: 45.01µg (11.25%), Calcium: 91.25mg (9.12%), Potassium: 316.15mg (9.03%), Vitamin B5: 0.76mg (7.64%), Vitamin E: 1.14mg (7.61%), Magnesium: 29.53mg (7.38%), Iron: 1.24mg (6.88%), Vitamin B6: 0.13mg (6.71%), Copper: 0.12mg (6.09%), Zinc: 0.86mg (5.7%), Vitamin B12: 0.28µg (4.69%), Vitamin B1: 0.06mg (4.25%), Vitamin K: 4.19µg (3.99%), Vitamin B3: 0.75mg (3.74%), Vitamin D: 0.4µg (2.7%)