



Tangy cheesecake with strawberries

READY IN



80 min.

SERVINGS



6

CALORIES



526 kcal

DESSERT

Ingredients

- ☐ 200 g digestive biscuits crumbs reduced-fat
- ☐ 100 g butter melted
- ☐ 500 g ricotta cheese
- ☐ 2 large lemon zest grated
- ☐ 50 g sugar
- ☐ 3 large egg yolk
- ☐ 2 tbsp semolina
- ☐ 225 g strawberries
- ☐ 3 tbsp strawberry jam reduced-sugar

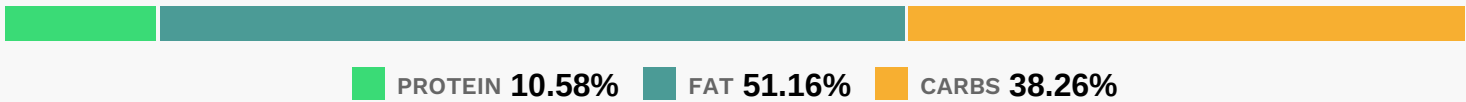
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ sieve

Directions

- ☐ Preheat the oven to 180C/gas 4/fan 160C. Blitz the biscuits in a food processor until finely crushed.
- ☐ Add the melted margarine and whiz for a minute. Base line a 20cm spring form tin with non-stick baking parchment and press the mixture into the base.
- ☐ Wipe the processor bowl and blades, then add the ricotta, lemon zest and juice, fruit sugar, egg yolks and semolina and whizz for 1-2 minutes or until thoroughly mixed.
- ☐ Pour the mixture into the prepared tin and bake for 35- 45 minutes until firm to the touch and the sides are just shrinking from the tin. Turn the oven off and allow the cheesecake to cool in the oven with the door open for 1 hour.
- ☐ While the cake cools, hull and halve the strawberries, quartering any larger ones. Melt the jam with 3 tbsp water over a medium heat, stirring until bubbling and runny. Sieve the jam into a bowl and toss the strawberries in the jam.
- ☐ To serve, loosen the sides of the cheesecake with a knife, remove from the tin and slide on to a serving plate. (The cheesecake may now be frozen.) Top with strawberries.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:12.92, Inflammation Score:-7, Nutrition Score:13.642608642578%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.32mg, Pelargonidin: 9.32mg, Pelargonidin: 9.32mg, Pelargonidin: 9.32mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 526.1kcal (26.3%), Fat: 30.22g (46.5%), Saturated Fat: 11.07g (69.16%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 48.47g (17.63%), Sugar: 23.62g (26.25%), Cholesterol: 134.3mg (44.77%), Sodium: 407.07mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Selenium: 23.76µg (33.95%), Vitamin C: 25.54mg (30.96%), Phosphorus: 248.16mg (24.82%), Manganese: 0.46mg (22.86%), Calcium: 225.73mg (22.57%), Vitamin A: 1095.74IU (21.91%), Vitamin B2: 0.37mg (21.55%), Folate: 72.29µg (18.07%), Iron: 2.25mg (12.48%), Vitamin B1: 0.17mg (11.17%), Zinc: 1.6mg (10.65%), Vitamin B3: 2.02mg (10.12%), Vitamin E: 1.47mg (9.8%), Fiber: 2.4g (9.59%), Magnesium: 31.32mg (7.83%), Vitamin B12: 0.47µg (7.76%), Vitamin B6: 0.15mg (7.36%), Vitamin B5: 0.71mg (7.08%), Potassium: 238.04mg (6.8%), Vitamin K: 6.57µg (6.26%), Copper: 0.12mg (6.02%), Vitamin D: 0.63µg (4.17%)