



The Ultimate Cheesecake

 Vegetarian

READY IN



350 min.

SERVINGS



8

CALORIES



678 kcal

DESSERT

Ingredients

- 1 pint blueberries
- 16 ounce cream cheese softened
- 3 eggs
- 2 cups ground graham crackers finely (30 squares)
- 0.5 teaspoon ground cinnamon
- 1 lemon zest
- 1 lemon zest juiced
- 1 pint cup heavy whipping cream sour

- 1 cup sugar
- 2 tablespoons sugar
- 1 stick butter unsalted melted
- 1 dash vanilla extract

Equipment

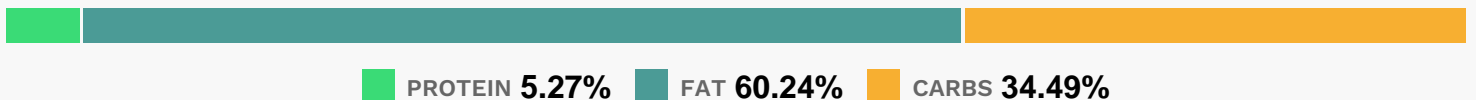
- bowl
- frying pan
- sauce pan
- oven
- mixing bowl
- hand mixer
- roasting pan
- cake form
- aluminum foil
- spatula
- springform pan
- measuring cup
- serrated knife

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- In a mixing bowl, combine the crust ingredients with a fork until evenly moistened. Lightly coat the bottom and sides of an 8-inch springform pan with nonstick cooking spray.
- Pour the crumbs into the pan and, using the bottom of a measuring cup or the smooth bottom of a glass, press the crumbs down into the base and 1-inch up the sides. Refrigerate for 5 minutes.
- In the bowl of an electric mixer, beat the cream cheese on low speed for 1 minute until smooth and free of any lumps.

- Add the eggs, 1 at a time, and continue to beat slowly until combined. Gradually add sugar and beat until creamy, for 1 to 2 minutes.
- Add sour cream, lemon zest, and vanilla. Periodically scrape down the sides of the bowl and the beaters. The batter should be well mixed but not over-beaten.
- Pour the filling into the crust-lined pan and smooth the top with a spatula.
- Set the cheesecake pan on a large piece of aluminum foil and fold up the sides around it.
- Place the cake pan in a large roasting pan.
- Pour boiling water into the roasting pan until the water is about halfway up the sides of the cheesecake pan; the foil will keep the water from seeping into the cheesecake.
- Bake for 45 minutes. The cheesecake should still jiggle (it will firm up after chilling), so be careful not to overcook.
- Let cool in pan for 30 minutes. Chill in the refrigerator, loosely covered, for at least 4 hours. Loosen the cheesecake from the sides of the pan by running a thin metal spatula around the inside rim. Unmold and transfer to a cake plate. Using a spatula spread a layer of Warm Lemon Blueberry topping over the surface.
- Slice the cheesecake with a thin, non-serrated knife that has been dipped in hot water. Wipe dry after each cut.
- In a small saucepan add all the ingredients and simmer over medium heat for 5 minutes or so until the fruit begins to break down slightly. Leave to cool before spreading on cheesecake.

Nutrition Facts



Properties

Glycemic Index:35.77, Glycemic Load:35.38, Inflammation Score:-8, Nutrition Score:10.733478141868%

Flavonoids

Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg

Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 678.39kcal (33.92%), Fat: 46.55g (71.61%), Saturated Fat: 25.57g (159.8%), Carbohydrates: 59.95g (19.98%), Net Carbohydrates: 57.54g (20.92%), Sugar: 43.3g (48.11%), Cholesterol: 183.91mg (61.3%), Sodium: 370.6mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.33%), Vitamin A: 1605.1IU (32.1%), Vitamin B2: 0.39mg (23.22%), Phosphorus: 194.49mg (19.45%), Selenium: 12.51µg (17.88%), Calcium: 152.23mg (15.22%), Vitamin K: 14.57µg (13.88%), Manganese: 0.24mg (11.98%), Vitamin E: 1.56mg (10.38%), Vitamin C: 8.21mg (9.95%), Fiber: 2.41g (9.64%), Vitamin B5: 0.87mg (8.69%), Iron: 1.53mg (8.48%), Zinc: 1.24mg (8.29%), Folate: 30.93µg (7.73%), Magnesium: 30.41mg (7.6%), Potassium: 263.82mg (7.54%), Vitamin B1: 0.11mg (7.09%), Vitamin B6: 0.14mg (7.03%), Vitamin B12: 0.42µg (7%), Vitamin B3: 1.23mg (6.15%), Copper: 0.08mg (3.96%), Vitamin D: 0.54µg (3.61%)