



WHATSheATe



Thick, Dense, Restaurant Style Cheesecake



Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus
- ☐ 1 tablespoon cornstarch
- ☐ 2 cups regular cream sour
- ☐ 16 oz cream cheese softened
- ☐ 4 large eggs
- ☐ 0.3 cup graham cracker crumbs
- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon juice of lemon

- ☐ 1 lb curd cottage cheese low fat (not)
- ☐ 4 oz butter salted
- ☐ 0.3 cup strawberries crushed
- ☐ 1.5 cups nice looking strawberries whole (approximately)
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup water

Equipment

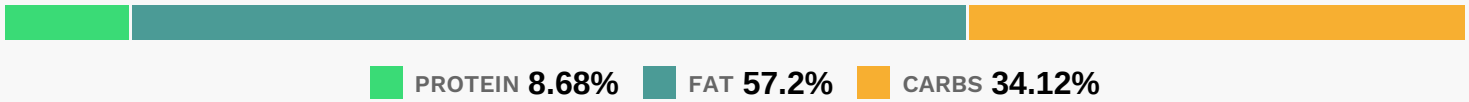
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat oven to 325 degrees F. Spray a 9 inch round springform pan with cooking spray.
- ☐ Sprinkle graham cracker crumbs over bottom.
- ☐ Combine egg and cottage cheese in blender or food processor and process until smooth. Gradually blend in cream cheese. Put mixture in a bowl and whisk in the sugar, melted butter, cornstarch, sour cream, lemon juice and vanilla.
- ☐ Pour into prepared pan and bake on center rack for 1 hour 15 minutes or until edge is firm. Turn off oven.
- ☐ Let cheesecake stand in oven one exactly hour to cool.
- ☐ Combine cornstarch, water, corn syrup and crushed strawberries in a medium saucepan and bring to a boil over medium heat, stirring constantly. Boil for 1 minute. Strain. Stir in 1 teaspoon lemon juice. Arrange whole (or you can slice them) fresh strawberries over top of cheesecake. Cover strawberries with the glaze.

Serves 12–16

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:20.82, Inflammation Score:-6, Nutrition Score:7.5386955686238%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.22mg, Pelargonidin: 5.22mg, Pelargonidin: 5.22mg, Pelargonidin: 5.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 467.79kcal (23.39%), Fat: 30.41g (46.79%), Saturated Fat: 17.16g (107.25%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 40.33g (14.67%), Sugar: 37.53g (41.7%), Cholesterol: 144.62mg (48.21%), Sodium: 386.67mg (16.81%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 10.39g (20.78%), Vitamin A: 1090.66IU (21.81%), Selenium: 13.6µg (19.43%), Vitamin B2: 0.31mg (18.06%), Phosphorus: 164.21mg (16.42%), Vitamin C: 12.85mg (15.58%), Calcium: 116.49mg (11.65%), Vitamin B12: 0.57µg (9.44%), Vitamin B5: 0.72mg (7.18%), Vitamin E: 0.93mg (6.2%), Folate: 24.28µg (6.07%), Potassium: 192.35mg (5.5%), Zinc: 0.79mg (5.28%), Vitamin B6: 0.1mg (5.16%), Manganese: 0.1mg (4.87%), Magnesium: 15.31mg (3.83%), Iron: 0.59mg (3.28%), Vitamin B1: 0.05mg (3.08%), Copper: 0.05mg (2.5%), Vitamin K: 2.58µg (2.46%), Vitamin D: 0.33µg (2.22%), Fiber: 0.49g (1.95%), Vitamin B3: 0.28mg (1.42%)