



Three-cheese cheesecake

READY IN



60 min.

SERVINGS



8

CALORIES



507 kcal

Ingredients

- ☐ 50 g butter for greasing
- ☐ 150 g digestive biscuit crushed
- ☐ 50 g walnut finely chopped
- ☐ 1 tbsp sugar
- ☐ 300 g pot full-fat cheese soft
- ☐ 150 g pot mild
- ☐ 50 g caster sugar
- ☐ 1 tsp vanilla extract
- ☐ 250 g pot mascarpone
- ☐ 4 eggs lightly beaten

- ☐ 250 ml punnet raspberry
- ☐ 8 servings strawberries

Equipment

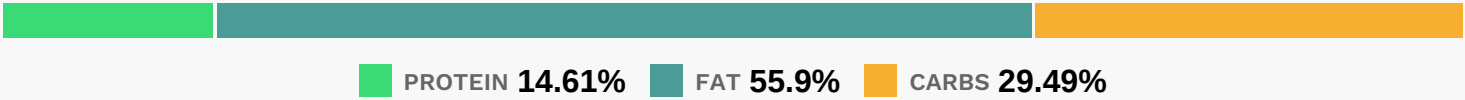
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter 8 x 150ml ramekins. Melt the butter in a pan, then mix in the digestives, walnuts and sugar. Divide the mixture equally between the ramekins, so the base of each is covered with a layer about 1cm thick. Press down lightly on each, then cook in the oven for 10 mins until crisp and golden. Leave to cool, then turn oven down to 150C/fan 130C/gas
- ☐ Whisk together all remaining ingredients until you have a smooth mixture.
- ☐ Place the ramekins on a baking tray and pour some mixture into each one, filling to about 1cm below the rim. Carefully slide them into the oven and cook for 25–30 mins until just set. The mixture should give the faintest jiggle in the centre when gently tapped. Dont worry if the mixture falls a little and cracks.
- ☐ Remove from the oven and leave to cool completely before covering with cling film and putting in the fridge. You can make to this point up to 2 days in advance.
- ☐ Make the sauce by gently heating together the sugar and 50ml/2fl oz water until syrupy, about 5 mins. Then stir in half the raspberries and cook for 2 mins until they begin to burst. Strain the mixture through a sieve to remove the pips, then toss through the remaining raspberries and leave to cool.
- ☐ When ready to serve, remove the cheesecakes from the fridge. Run a knife dipped in hot water around the edges. Invert, one at a time, onto a board, then turn over again onto a serving plate so the biscuit base is on the bottom. Finish by drizzling with raspberry sauce

and top with strawberries.

Nutrition Facts



Properties

Glycemic Index:47.15, Glycemic Load:19.65, Inflammation Score:-8, Nutrition Score:20.730869448703%

Flavonoids

Cyanidin: 9.84mg, Cyanidin: 9.84mg, Cyanidin: 9.84mg, Cyanidin: 9.84mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 35.94mg, Pelargonidin: 35.94mg, Pelargonidin: 35.94mg, Pelargonidin: 35.94mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 506.51kcal (25.33%), Fat: 32.1g (49.39%), Saturated Fat: 15.5g (96.84%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 33.14g (12.05%), Sugar: 21.68g (24.09%), Cholesterol: 162.09mg (54.03%), Sodium: 406.71mg (17.68%), Alcohol: 0.18g (100%), Alcohol %: 0.07% (100%), Protein: 18.88g (37.76%), Vitamin C: 88.91mg (107.76%), Manganese: 0.91mg (45.53%), Phosphorus: 294.69mg (29.47%), Selenium: 19.18µg (27.4%), Vitamin B2: 0.41mg (23.92%), Zinc: 3.19mg (21.26%), Vitamin A: 996.06IU (19.92%), Fiber: 4.97g (19.87%), Vitamin B6: 0.39mg (19.36%), Copper: 0.38mg (18.88%), Folate: 72.85µg (18.21%), Iron: 3.08mg (17.09%), Vitamin B12: 0.98µg (16.4%), Vitamin B3: 3.2mg (15.99%), Magnesium: 59.54mg (14.88%), Potassium: 495.92mg (14.17%), Calcium: 129.21mg (12.92%), Vitamin B5: 1.16mg (11.58%), Vitamin B1: 0.16mg (10.58%), Vitamin E: 1.42mg (9.48%), Vitamin K: 6.58µg (6.26%), Vitamin D: 0.55µg (3.64%)