



Triple ginger cheesecake

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



498 kcal

DESSERT

Ingredients

- ☐ 200 g ginger biscuits
- ☐ 100 g butter unsalted
- ☐ 400 g full-fat cheese soft
- ☐ 50 g icing sugar
- ☐ 0.5 juice of lemon
- ☐ 1 tsp ground ginger
- ☐ 100 g greek yogurt
- ☐ 50 g crystallised ginger chopped

☐

6 servings roasted rhubarb for the topping

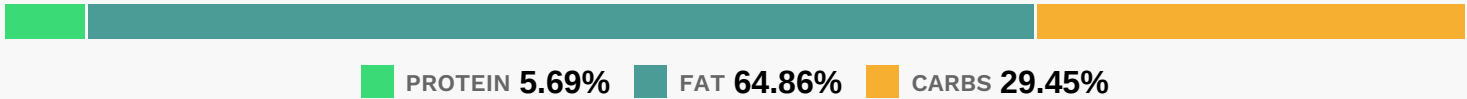
Equipment

- ☐ food processor
- ☐ knife
- ☐ cake form

Directions

- ☐ Whizz together the biscuits or crush in a sealed bag until you get fine crumbs. Gently melt the butter, then mix into the crumbs. Press evenly into a 20cm loosebottomed round cake tin. Chill in the fridge while you make the filling.
- ☐ Put the remaining ingredients into a food processor and whizz until smooth.
- ☐ Spread over the base, then smooth the top with a knife. Leave in the fridge overnight to set.
- ☐ Remove the cake from the tin and top with roasted rhubarb (recipe, below) or your choice of fruit.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:8.5439130171486%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 497.85kcal (24.89%), Fat: 36.96g (56.87%), Saturated Fat: 22.15g (138.45%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 34.99g (12.72%), Sugar: 25.32g (28.14%), Cholesterol: 104mg (34.67%), Sodium: 228.78mg (9.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Vitamin A: 1670.61IU (33.41%), Vitamin B2: 0.25mg (14.76%), Phosphorus: 127.09mg (12.71%), Manganese: 0.24mg (11.87%), Selenium: 8.06µg (11.52%), Potassium: 400.58mg (11.45%), Fiber: 2.78g (11.12%), Copper: 0.2mg (10.15%), Calcium: 100.33mg (10.03%), Magnesium: 32.8mg (8.2%), Vitamin K: 8.06µg (7.68%), Vitamin E: 1.07mg (7.16%), Vitamin C: 5.66mg (6.86%),

Vitamin B6: 0.14mg (6.86%), Vitamin B5: 0.59mg (5.91%), Vitamin B12: 0.29µg (4.86%), Zinc: 0.7mg (4.65%),
Vitamin B3: 0.91mg (4.55%), Iron: 0.77mg (4.29%), Folate: 15.16µg (3.79%), Vitamin B1: 0.05mg (3.01%), Vitamin D:
0.25µg (1.67%)