



Tropical Cheesecake with Coconut Shortbread Crust

READY IN



45 min.

SERVINGS



12

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 12 servings coconut flakes unsweetened lightly toasted
- ☐ 16 ounce cream cheese room temperature
- ☐ 4 large eggs
- ☐ 12 servings fruit fresh
- ☐ 8 ounces shortbread cookies (30)
- ☐ 8 ounces whole-milk ricotta cheese fresh room temperature
- ☐ 1.5 cups cream sour
- ☐ 2 tablespoons sugar

- ☐ 1 vanilla pod split
- ☐ 0.5 teaspoon vanilla extract

Equipment

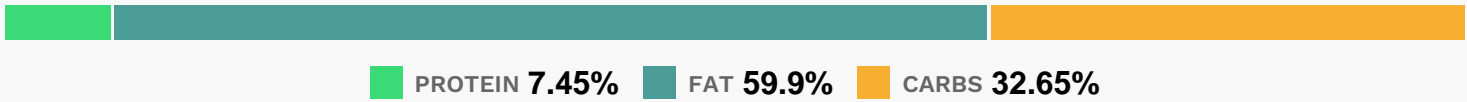
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Preheat oven to 325°F. Finely grind cookies in processor. Press crumbs (about 1 1/2 cups) over bottom (not sides) of 9-inch-diameter springform pan with 2 1/2-inch-high sides (layer will be thin).
- ☐ Bake until crust is crisp, about 10 minutes. Cool on rack while preparing filling. Maintain oven temperature.
- ☐ Using electric mixer, beat first 3 ingredients in large bowl until smooth. Scrape in seeds from vanilla bean. Beat in eggs, 1 at a time, just until blended.
- ☐ Pour filling over crust in pan (mixture will not fill pan).
- ☐ Bake cake until filling is just set and puffed around edges, about 45 minutes (cake may crack).
- ☐ Whisk first 3 ingredients in small bowl to blend; spread over top of hot cake. Return cake to oven and bake 5 minutes. Run small knife between top edge of cake and pan. Chill cake uncovered overnight. (Can be made 2 days ahead. Cover; keep chilled.)
- ☐ Release pan sides.
- ☐ Sprinkle toasted coconut chips around top edge of cake.
- ☐ Serve cake with tropical fruits.
- ☐ *Fromage blanc is sold at cheese stores, specialty foods stores, and some supermarkets.
- ☐ **Fresh ricotta cheese is sold at Italian markets and some supermarkets.

***Unsweetened coconut chips are available at natural foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:9.52, Inflammation Score:-6, Nutrition Score:9.6347825423531%

Nutrients (% of daily need)

Calories: 468.02kcal (23.4%), Fat: 31.76g (48.86%), Saturated Fat: 18.33g (114.53%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 35.18g (12.79%), Sugar: 23.23g (25.82%), Cholesterol: 120.16mg (40.05%), Sodium: 247.49mg (10.76%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 8.89g (17.77%), Vitamin A: 1150.88IU (23.02%), Manganese: 0.4mg (19.99%), Vitamin B2: 0.31mg (18.22%), Selenium: 12.46µg (17.81%), Fiber: 3.77g (15.09%), Phosphorus: 142.6mg (14.26%), Calcium: 116.3mg (11.63%), Copper: 0.21mg (10.49%), Iron: 1.62mg (8.98%), Vitamin K: 8.84µg (8.41%), Potassium: 285.52mg (8.16%), Folate: 31.54µg (7.88%), Vitamin B5: 0.75mg (7.53%), Vitamin E: 1.11mg (7.43%), Vitamin B1: 0.11mg (7.2%), Magnesium: 25.87mg (6.47%), Vitamin B6: 0.12mg (6.19%), Vitamin B3: 1.22mg (6.1%), Zinc: 0.9mg (6%), Vitamin B12: 0.29µg (4.86%), Vitamin C: 3.02mg (3.66%), Vitamin D: 0.33µg (2.22%)