

Ultra Creamy Deluxe Cheesecake

Vegetarian







DESSERT

Ingredients

6 tablespoons butter melted
40 oz cream cheese softened ()
5 medium size eggs at room temperature
3 tablespoons flour
24 graham cracker squares crushed (not rectangles)
1.8 cup granulated sugar
0.3 cup heavy cream

0.5 teaspoon lemon extract

	0.5 teaspoon orange extract		
	0.3 teaspoon salt		
	1 teaspoon vanilla extract		
Eq	Equipment		
	frying pan		
	oven		
	knife		
	mixing bowl		
	blender		
	springform pan		
	kitchen timer		
Directions			
	Preheat oven to 350 degrees F.Prepare crust ahead of time by mixing all ingredients together and pressing into bottom and slightly up sides of a buttered 9 inch round springform pan. Chill until ready to use.Beat cream cheese in a large mixing bowl until it is very soft and creamy. Try not to whip extra air into it. If you are using a standing mixer, use the paddle attachment and set it on a lower speed. If you are using a hand held mixer, use a low speed plus a mixing spoon.Beat in the vanilla, orange and lemon extracts.Stir sugar, flour and salt together in a separate bowl, then mix them (again, using lowest speed) into the cream cheese.		
	Add eggs one at a time, mixing thoroughly after each egg.		
	Add cream and stir or beat on low until it is incorporated.		
	Pour the batter into the pan.Set the pan in a cool spot and let it sit for 5 to 10 minutes. Air bubbles will rise to the top during the standing period which will help the cheesecake bake up denser.		
	Bake the cheesecake on at 350 degrees F for 15 minutes. After 15 minutes, without opening the oven door, reduce the heat to 200 degrees and set the timer for one hour. After cheesecake has baked for one hour at 200, turn off the oven and open the door slightly. Cake will appear wiggly and uncooked in the center, but the edge should be set.		
	Let cool in the oven (door ajar) for 15 minutes.		

	PROTEIN 6 10% FAT 63 30% CARRS 30 42%	
Nutrition Facts		
	it's better after 12, so if you can wait, then serve it on Day 2.	
\Box	Transfer to refrigerator for the final chill. The cake should be ready to serve after 3 hours, but	
ш	during cooling.Cool on a rack at room temperature for about an hour.	
	Transfer to counter and carefully loosen edges with a knife – this will help prevent cracking	

Properties

Glycemic Index:18.51, Glycemic Load:22.76, Inflammation Score:-6, Nutrition Score:5.9360869616756%

Nutrients (% of daily need)

Calories: 452.58kcal (22.63%), Fat: 32.42g (49.88%), Saturated Fat: 18.47g (115.42%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 34.62g (12.59%), Sugar: 27.11g (30.12%), Cholesterol: 138.22mg (46.07%), Sodium: 382.63mg (16.64%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 7.12g (14.24%), Vitamin A: 1211.95IU (24.24%), Vitamin B2: 0.27mg (15.95%), Selenium: 11.09µg (15.84%), Phosphorus: 129.22mg (12.92%), Calcium: 88.94mg (8.89%), Vitamin B5: 0.64mg (6.36%), Vitamin E: 0.91mg (6.07%), Folate: 20.55µg (5.14%), Zinc: 0.76mg (5.08%), Vitamin B12: 0.29µg (4.89%), Iron: 0.83mg (4.63%), Potassium: 138.23mg (3.95%), Vitamin B1: 0.06mg (3.85%), Vitamin B6: 0.08mg (3.79%), Magnesium: 14.93mg (3.73%), Vitamin B3: 0.56mg (2.8%), Vitamin D: 0.33µg (2.23%), Vitamin K: 2.02µg (1.92%), Fiber: 0.4g (1.58%), Copper: 0.03mg (1.5%), Manganese: 0.02mg (1.14%)