



Vanilla Cheesecake with Cherry Topping

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



334 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 20 ounce cherries dark sweet frozen pitted
- 4 teaspoons cornstarch
- 8 ounce carton cream fat-free sour
- 24 ounce blocks cream cheese fat-free softened
- 4 large eggs
- 3 tablespoons flour all-purpose
- 0.8 cup graham cracker crumbs

- 2 tablespoons juice of lemon fresh
- 0.7 cup tawny port sweet
- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 cup sugar
- 1 cup sugar
- 1 vanilla pod split
- 2 teaspoons vanilla extract
- 2 teaspoons water
- 4 teaspoons water
- 16 ounce blocks softened

Equipment

- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- springform pan

Directions

- Preheat oven to 40
- To prepare crust, combine first 3 ingredients, tossing with a fork.
- Add 2 teaspoons water; toss with a fork until moist and crumbly. Gently press mixture into bottom and 1 1/2 inches up sides of a 9-inch springform pan coated with cooking spray.
- Bake at 400 for 5 minutes; cool on a wire rack.
- Reduce oven temperature to 32

- To prepare filling, beat cheeses with a mixer at high speed until smooth.
- Combine 1 cup sugar, flour, and salt, stirring with a whisk.
- Add to cheese mixture; beat well.
- Add sour cream; beat well.
- Add eggs, 1 at a time, beating well after each addition. Stir in vanilla extract. Scrape seeds from vanilla bean; stir seeds into cheese mixture, reserving bean halves.
- Pour cheese mixture into prepared pan; bake at 325 for 1 hour and 15 minutes or until cheesecake center barely moves when pan is touched.
- Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature. Cover and chill at least 8 hours.
- To prepare topping, combine port, 1/2 cup sugar, cherries, and reserved vanilla bean halves in a large saucepan; bring to a boil. Cook 5 minutes or until cherries are thawed and mixture is syrupy.
- Remove vanilla bean halves; discard.
- Combine juice, cornstarch, and 4 teaspoons water, stirring with a whisk until well blended. Stir cornstarch mixture into cherry mixture; bring to a boil. Reduce heat; simmer 3 minutes or until mixture is slightly thickened and shiny.
- Remove from heat; cool to room temperature. Cover and chill.
- Serve over cheesecake.

Nutrition Facts

■ PROTEIN **13.72%** ■ FAT **36.66%** ■ CARBS **49.62%**

Properties

Glycemic Index:28.64, Glycemic Load:19.68, Inflammation Score:-5, Nutrition Score:7.709565271502%

Flavonoids

Cyanidin: 10.71mg, Cyanidin: 10.71mg, Cyanidin: 10.71mg, Cyanidin: 10.71mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.92mg, Peonidin: 0.92mg, Peonidin: 0.92mg, Peonidin: 0.92mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.53mg, Epicatechin:

2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 333.64kcal (16.68%), Fat: 13.39g (20.59%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 39.83g (14.48%), Sugar: 31.66g (35.18%), Cholesterol: 85.27mg (28.42%), Sodium: 500.16mg (21.75%), Alcohol: 1.7g (100%), Alcohol %: 1.22% (100%), Protein: 11.27g (22.55%), Phosphorus: 309.43mg (30.94%), Calcium: 211.1mg (21.11%), Vitamin B2: 0.29mg (17.16%), Selenium: 9.8µg (14%), Vitamin A: 573.44IU (11.47%), Vitamin B12: 0.62µg (10.38%), Potassium: 291.07mg (8.32%), Vitamin B5: 0.79mg (7.95%), Folate: 31.1µg (7.77%), Zinc: 1.14mg (7.57%), Magnesium: 22.5mg (5.62%), Vitamin B1: 0.07mg (4.41%), Vitamin B6: 0.08mg (4.21%), Iron: 0.73mg (4.03%), Vitamin C: 3.21mg (3.89%), Fiber: 0.93g (3.7%), Copper: 0.06mg (3.17%), Manganese: 0.06mg (3.14%), Vitamin E: 0.45mg (3.02%), Vitamin B3: 0.46mg (2.28%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.59µg (1.51%)