



Very Berry Cheesecake

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



678 kcal

DESSERT

Ingredients

- ☐ 3.5 cups blackberries fresh
- ☐ 1 tablespoon cherry brandy
- ☐ 6 tablespoons butter melted
- ☐ 1 cup curd cottage cheese
- ☐ 16 ounce cream cheese softened
- ☐ 3 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons vanilla extract

- ☐ 40 vanilla wafers crushed
- ☐ 1 tablespoon sugar white

Equipment

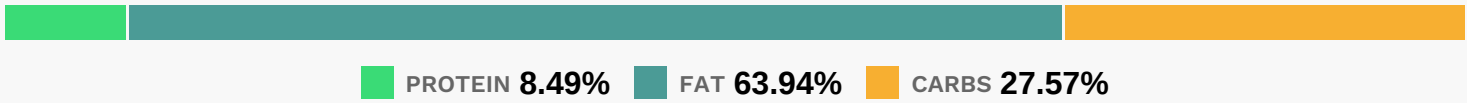
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ In a medium bowl, stir together vanilla wafer crumbs and butter. Press the mixture into the bottom and 1 3/4 inch up the sides of an 8 inch springform pan. Set aside.
- ☐ In a large bowl, stir together cream cheese, 3/4 cup sugar, flour, and vanilla. Beat with an electric mixer on low speed until smooth. Set aside.
- ☐ Place cottage cheese in a blender or food processor. Blend until smooth. Stir into cream cheese mixture. Stir in the 1/4 cup cherry brandy. Beat in eggs on low speed just till combined. You do not want to incorporate too much air into the batter.
- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Pour half of the cheese mixture into the crust-lined pan.
- ☐ Spread 1 cup of the fruit on top. Top with remaining cheese mixture and 1/2 cup of the fruit.
- ☐ Place in a shallow baking pan in the preheated oven.
- ☐ Bake for 40 to 45 minutes or till center appears nearly set when shaken. Cool on a wire rack for 15 minutes. Loosen sides. Cool completely on wire rack. Cover and chill for at least 4 hours, or until ready to serve.

For topping, in a medium bowl combine remaining 2 cups fruit, 1 tablespoon cherry brandy, and 1 tablespoon sugar. Cover and chill for up to 2 hours. To serve, cut cheesecake into wedges. Top each serving with fruit topping.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:27.22, Inflammation Score:-8, Nutrition Score:15.013912988746%

Flavonoids

Cyanidin: 83.96mg, Cyanidin: 83.96mg, Cyanidin: 83.96mg, Cyanidin: 83.96mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 31.13mg, Catechin: 31.13mg, Catechin: 31.13mg, Catechin: 31.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg, Epicatechin: 3.91mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 678.07kcal (33.9%), Fat: 48.36g (74.4%), Saturated Fat: 26.05g (162.83%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 41.82g (15.21%), Sugar: 22.78g (25.31%), Cholesterol: 194.64mg (64.88%), Sodium: 630.74mg (27.42%), Alcohol: 1.29g (100%), Alcohol %: 0.59% (100%), Protein: 14.45g (28.9%), Vitamin A: 1712.71IU (34.25%), Manganese: 0.58mg (28.92%), Vitamin B2: 0.46mg (27.3%), Selenium: 17.99µg (25.69%), Phosphorus: 221.62mg (22.16%), Vitamin C: 17.64mg (21.38%), Folate: 82.54µg (20.63%), Fiber: 5.08g (20.32%), Vitamin K: 19.27µg (18.36%), Vitamin B1: 0.24mg (16.07%), Vitamin E: 2.22mg (14.79%), Calcium: 142.96mg (14.3%), Vitamin B5: 1.22mg (12.22%), Potassium: 344.33mg (9.84%), Vitamin B3: 1.86mg (9.31%), Copper: 0.18mg (9.17%), Vitamin B12: 0.54µg (8.94%), Zinc: 1.28mg (8.53%), Magnesium: 30.03mg (7.51%), Iron: 1.14mg (6.31%), Vitamin B6: 0.12mg (6.15%), Vitamin D: 0.47µg (3.17%)