



## White Chocolate Blueberry Cheesecake

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



856 kcal

DESSERT

### Ingredients

- 1 pint blueberries fresh
- 2 tablespoons caramel topping
- 0.3 cup ghee melted
- 1 teaspoon cornstarch
- 32 ounce cream cheese softened
- 2 egg yolks
- 4 eggs beaten
- 1 tablespoon flour all-purpose

- 2 cups graham crackers crushed
- 2 teaspoons juice of lemon
- 1 cup slivered almonds
- 1 teaspoon vanilla extract
- 0.3 cup water
- 1 pound chocolate white chopped
- 0.5 cup sugar white

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- sieve
- springform pan

## Directions

- Preheat oven to 275 degrees F (135 degrees C). Make the crust: In a food processor, blend together the graham cracker crumbs, almonds and sugar until the almonds are ground fine.
- Pour in the melted butter and caramel while processing, until mixture is combined. Press the mixture onto the bottom, and half way up the side of a 10 inch springform pan.
- Make the filling: In a metal bowl over a pan of barely simmering water, melt the white chocolate, stirring until smooth.
- Remove from heat and set aside. In a large bowl, beat the cream cheese and 3/4 cup sugar until smooth. Beat in the eggs and the egg yolks, one at a time. Beat in the flour and the vanilla and blend in the melted white chocolate slowly, beating until the filling is well combined.
- Pour filling into crust.
- Bake in the middle of preheated oven for 1 hour. Then turn off the heat, and crack the oven door an inch, letting the cheesecake cool in the oven to room temperature. Cover loosely and

refrigerate overnight before removing from pan.

- Make the topping: In a saucepan, combine 1/2 cup sugar and cornstarch. Stir in water and blueberries. Bring to a boil, then simmer for 10 minutes, stirring occasionally. Press through a fine sieve. Stir in lemon juice, allow to cool, and store in a glass jar.

## Nutrition Facts

**PROTEIN 6.89%** **FAT 61.97%** **CARBS 31.14%**

### Properties

Glycemic Index:36.61, Glycemic Load:39.57, Inflammation Score:-7, Nutrition Score:15.640869503436%

### Flavonoids

Cyanidin: 4.27mg, Cyanidin: 4.27mg, Cyanidin: 4.27mg, Cyanidin: 4.27mg Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg

### Nutrients (% of daily need)

Calories: 856.01kcal (42.8%), Fat: 60.26g (92.71%), Saturated Fat: 31.51g (196.94%), Carbohydrates: 68.14g (22.71%), Net Carbohydrates: 64.93g (23.61%), Sugar: 51.92g (57.69%), Cholesterol: 217.02mg (72.34%), Sodium: 485.81mg (21.12%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 15.07g (30.14%), Vitamin B2: 0.63mg (36.93%), Phosphorus: 322.28mg (32.23%), Vitamin E: 4.53mg (30.21%), Vitamin A: 1408.23IU (28.16%), Selenium: 18.13µg (25.89%), Calcium: 241.33mg (24.13%), Manganese: 0.43mg (21.75%), Magnesium: 59.06mg (14.76%), Vitamin K: 15.25µg (14.52%), Vitamin B5: 1.29mg (12.91%), Fiber: 3.21g (12.85%), Zinc: 1.87mg (12.46%), Potassium: 430.42mg (12.3%), Vitamin B12: 0.69µg (11.46%), Iron: 1.93mg (10.74%), Folate: 42.39µg (10.6%), Copper: 0.21mg (10.29%), Vitamin B1: 0.15mg (9.98%), Vitamin B6: 0.18mg (8.85%), Vitamin B3: 1.75mg (8.75%), Vitamin C: 5.22mg (6.33%), Vitamin D: 0.55µg (3.64%)