



White chocolate & ricotta cheesecake

READY IN



120 min.

SERVINGS



8

CALORIES



771 kcal

DESSERT

Ingredients

- ☐ 50 g butter melted
- ☐ 150 g graham crackers
- ☐ 50 g biscuits
- ☐ 8 servings unrefined sunflower oil for greasing
- ☐ 200 g chocolate white chopped
- ☐ 5 leaves gelatin powder
- ☐ 6 tbsp milk
- ☐ 500 g ricotta cheese
- ☐ 300 ml double cream

- ☐ 50 g powdered sugar
- ☐ 2 large eggs separated
- ☐ 8 servings chocolate white
- ☐ 8 servings pomegranate seeds

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ microwave

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Melt the butter in a pan or microwave. Very finely crush the biscuits together, stir with the butter, then press very firmly into the base of a 20cm round loosebottomed cake tin.
- ☐ Bake for 6 mins. Cool, then wipe around the inside of the tin with a little oil on kitchen paper.
- ☐ Soak the gelatine in water while you make the filling. Tip the chocolate into a bowl over a pan of simmering water, then add the milk. Gently heat until melted, then stir together. Squeeze the gelatine dry, add to the chocolate mixture and stir to dissolve.
- ☐ Beat the ricotta, cream, sugar and egg yolks together. In a separate bowl, whisk the egg whites.
- ☐ Stir the chocolate and ricotta mixtures together, then gently fold in the egg whites. Carefully pour onto the cooled biscuit base. Cover the tin with cling film, then chill until firm, preferably overnight.
- ☐ To decorate, very generously top the cheesecake with the white chocolate curls, then remove from the tin, scatter with the pomegranate seeds and dust all over with icing sugar, if you like.

Nutrition Facts



 **PROTEIN 7.77%**  **FAT 62.38%**  **CARBS 29.85%**

Properties

Glycemic Index:57.63, Glycemic Load:32.04, Inflammation Score:-7, Nutrition Score:15.559999922047%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 771.28kcal (38.56%), Fat: 54.62g (84.03%), Saturated Fat: 24.65g (154.07%), Carbohydrates: 58.81g (19.6%), Net Carbohydrates: 54.56g (19.84%), Sugar: 39.76g (44.18%), Cholesterol: 141.31mg (47.1%), Sodium: 334.7mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.64%), Vitamin E: 7.3mg (48.69%), Phosphorus: 300.32mg (30.03%), Vitamin B2: 0.45mg (26.64%), Calcium: 255.33mg (25.53%), Selenium: 17.37µg (24.82%), Vitamin A: 1082.5IU (21.65%), Vitamin K: 20.05µg (19.09%), Fiber: 4.25g (17%), Folate: 63.14µg (15.78%), Potassium: 464.18mg (13.26%), Zinc: 1.92mg (12.8%), Vitamin B1: 0.17mg (11.44%), Vitamin C: 9.23mg (11.19%), Copper: 0.2mg (10.21%), Vitamin B12: 0.61µg (10.16%), Iron: 1.81mg (10.06%), Vitamin B5: 0.98mg (9.75%), Magnesium: 38.31mg (9.58%), Vitamin B6: 0.17mg (8.5%), Vitamin B3: 1.48mg (7.4%), Vitamin D: 1.1µg (7.35%), Manganese: 0.14mg (6.95%)