



Apple-Almond Cheesecake



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 0.5 ounce almond paste crumbled
- ☐ 1 cup almonds toasted sliced
- ☐ 2.5 pounds jonagold apples cored peeled cut into 1/3-inch-thick slices
- ☐ 24 ounce cream cheese room temperature
- ☐ 4 large eggs
- ☐ 0.8 cup brown sugar packed ()
- ☐ 1 cup graham cracker crumbs
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons sugar
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ springform pan

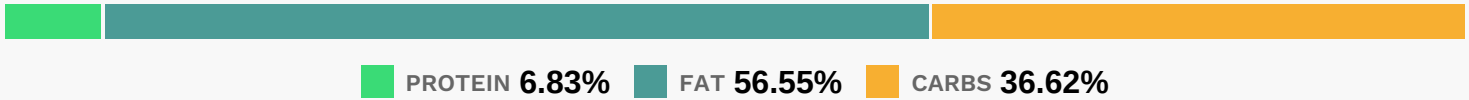
Directions

- ☐ Preheat oven to 350°F. Butter 10-inch-diameter springform pan. Wrap bottom with 2 layers of heavy-duty foil.
- ☐ Mix all ingredients in medium bowl to blend, crumbling almonds slightly. Press mixture onto bottom and 1 inch up sides of pan.
- ☐ Bake until set, about 7 minutes. Maintain oven temperature.
- ☐ Combine almond paste, cream cheese, and sugar in processor; blend until smooth, occasionally scraping down sides of bowl, about 2 minutes.
- ☐ Mix in eggs until just blended.
- ☐ Pour filling into crust.
- ☐ Bake 15 minutes. Reduce heat to 325°F and bake until center is set and top appears dry, about 45 minutes longer. Cool. Wrap in plastic and refrigerate overnight. (Can be prepared 2 days ahead. Keep refrigerated.)
- ☐ Toss apple slices with lemon juice in large bowl. Melt 3 tablespoons butter in heavy large skillet over high heat.
- ☐ Add apples and sauté until golden and tender, stirring frequently, about 9 minutes.
- ☐ Sprinkle with brown sugar and cinnamon. Stir to coat.

- ☐
- Add remaining 1 tablespoon butter. Stir until coated and glazed. Cool slightly.

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Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:12.32, Inflammation Score:-6, Nutrition Score:9.3017391018246%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 7.16mg, Epicatechin: 7.16mg, Epicatechin: 7.16mg, Epicatechin: 7.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 460.57kcal (23.03%), Fat: 29.91g (46.02%), Saturated Fat: 14.83g (92.7%), Carbohydrates: 43.59g (14.53%), Net Carbohydrates: 39.99g (14.54%), Sugar: 33.79g (37.54%), Cholesterol: 129.3mg (43.1%), Sodium: 301.87mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Vitamin E: 3.07mg (20.47%), Vitamin A: 1019.71IU (20.39%), Vitamin B2: 0.34mg (20.2%), Phosphorus: 160.08mg (16.01%), Selenium: 10.61µg (15.16%), Fiber: 3.59g (14.38%), Manganese: 0.26mg (13.04%), Calcium: 112.21mg (11.22%), Magnesium: 39.75mg (9.94%), Potassium: 293.9mg (8.4%), Copper: 0.14mg (7.13%), Vitamin B5: 0.7mg (7.01%), Iron: 1.17mg (6.52%), Vitamin C: 5.32mg (6.45%), Zinc: 0.94mg (6.28%), Vitamin B6: 0.12mg (6.19%), Folate: 24.01µg (6%), Vitamin B12: 0.28µg (4.68%), Vitamin B1: 0.07mg (4.62%), Vitamin B3: 0.73mg (3.65%), Vitamin K: 3.69µg (3.51%), Vitamin D: 0.4µg (2.69%)