



## Apple-Pecan Cheesecake

 Vegetarian

READY IN



340 min.

SERVINGS



40

CALORIES



175 kcal

DESSERT

### Ingredients

- 1.5 cups brown sugar divided packed
- 2 Tbsp brown sugar
- 0.3 cup butter melted
- 1 cup knudsen cream sour
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 1.5 cups graham cracker crumbs
- 3 granny smith apples peeled chopped

- 1 tsp ground cinnamon
- 0.8 cup planters pecans chopped
- 1 tsp vanilla

## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil

## Directions

- Heat oven to 325F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides.
- Mix graham crumbs, butter and 2 Tbsp. sugar; press onto bottom of prepared pan.
- Beat cream cheese, 1 cup brown sugar and vanilla in large bowl with mixer until blended.
- Add sour cream; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour over crust.
- Combine apples, nuts, cinnamon and remaining sugar; spoon over cream cheese batter.
- Bake 55 min. or until center is almost set. Cool completely. Refrigerate 4 hours. Use foil handles to lift cheesecake from pan before cutting to serve.

## Nutrition Facts



**PROTEIN 5.68%** **FAT 61.16%** **CARBS 33.16%**

## Properties

Glycemic Index:4.95, Glycemic Load:2.54, Inflammation Score:-3, Nutrition Score:2.7482608893643%

## Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 174.6kcal (8.73%), Fat: 12.16g (18.71%), Saturated Fat: 6.2g (38.73%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 14.19g (5.16%), Sugar: 11.88g (13.2%), Cholesterol: 45.72mg (15.24%), Sodium: 111.76mg (4.86%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 2.54g (5.08%), Vitamin A: 408.23IU (8.16%), Vitamin B2: 0.1mg (5.65%), Manganese: 0.11mg (5.5%), Selenium: 3.71µg (5.3%), Phosphorus: 51.1mg (5.11%), Calcium: 43.23mg (4.32%), Fiber: 0.65g (2.59%), Vitamin B5: 0.25mg (2.54%), Potassium: 83.53mg (2.39%), Vitamin E: 0.35mg (2.32%), Zinc: 0.34mg (2.3%), Magnesium: 8.81mg (2.2%), Iron: 0.37mg (2.04%), Vitamin B1: 0.03mg (2%), Copper: 0.04mg (1.98%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.1µg (1.73%), Folate: 6.86µg (1.71%), Vitamin K: 1.06µg (1.01%)