



## Autumn Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

DESSERT

### Ingredients

- 7 apples (ie: Granny Smith)
- 4 Tbs apricots melted
- 1 stick butter softened
- 0.5 teaspoon cinnamon
- 2 oz cream cheese softened
- 2 eggs
- 8 graham crackers finely chopped
- 0.3 cup pecans chopped

- 0.5 cup sugar
- 0.5 tsp vanilla

## Equipment

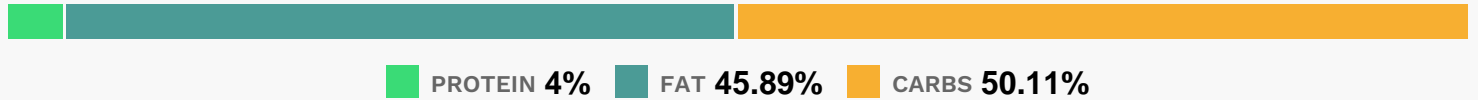
- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- springform pan

## Directions

- FOR THE APPLE LAYER: Peel and core the apples and slice thinly add to the sugar and cinnamon and mix well until all the apples are coated. Set aside. FOR THE CRUST: Preheat oven to 350 In a small sauce pan melt the butter
- In the food processor add the pecans and chop until very fine, add the Graham crackers and pulse until finely chopped and put mixture into a bowl.
- Add the butter and with a fork stir to combine, until all the cracker is wet with butter and no dry parts are still visible.
- Place the mixture into the bottom of a 9 inch springform pan and press down to form a solid bottom crust.
- Place into the center of the oven and bake for about 10 minutes, remove to a wire rack to cool. FOR THE BATTER: In the bowl of the mixer place the softened cream cheese and the sugar and on medium speed cream until well combined, scrape down the sides of the bowl and the blades of the mixer add the vanilla and on medium low add the eggs one at a time and continue to beat until each is well incorporated.
- Pour into the cooled springform pan and smooth the mixture level. APPLES: Arrange the apples in decorative layer over the batter and then place the pan into the oven and bake for about 70 minutes.

- Remove to a wire rack to cool. In the mean time melt the preserve and once the apples alightly cooled brush the preserve over apples to coat all and give a nice sheen to the top.
- Sprinkle the pecans over the apples. Now carefully run a knife around the edges of the cake to loosen from the sides of the pan and then cover and refrigerate for at least 5 hours, overnight even better.
- Remove from the refrigerator about an hour before serving and remove the sides of the springform pan.

## Nutrition Facts



### Properties

Glycemic Index:38.72, Glycemic Load:22.48, Inflammation Score:-5, Nutrition Score:6.6308695652174%

### Flavonoids

Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg, Cyanidin: 2.87mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 12.37mg, Epicatechin: 12.37mg, Epicatechin: 12.37mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

### Taste

Sweetness: 100%, Saltiness: 8.66%, Sourness: 47.25%, Bitterness: 14.45%, Savoriness: 6.99%, Fattiness: 29.28%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 360.26kcal (18.01%), Fat: 19.13g (29.44%), Saturated Fat: 9.51g (59.45%), Carbohydrates: 47g (15.67%), Net Carbohydrates: 42.16g (15.33%), Sugar: 33.43g (37.14%), Cholesterol: 78.45mg (26.15%), Sodium: 222.79mg (9.69%), Protein: 3.76g (7.51%), Fiber: 4.84g (19.36%), Vitamin A: 738.17IU (14.76%), Manganese: 0.24mg (12.08%), Vitamin C: 8.11mg (9.83%), Vitamin B2: 0.16mg (9.2%), Phosphorus: 89.78mg (8.98%), Potassium: 257.39mg (7.35%), Selenium: 4.34µg (6.2%), Iron: 1.1mg (6.14%), Vitamin E: 0.91mg (6.05%), Vitamin B1: 0.09mg (6.03%), Magnesium: 23.43mg (5.86%), Vitamin B6: 0.11mg (5.69%), Copper: 0.1mg (5.23%), Vitamin K: 5.08µg (4.83%), Folate: 18.87µg (4.72%), Zinc: 0.7mg (4.66%), Calcium: 41.79mg (4.18%), Vitamin B3: 0.78mg (3.91%), Vitamin B5:

0.37mg (3.69%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.22µg (1.47%)