



Banana Cream Cheesecake

READY IN



275 min.

SERVINGS



12

CALORIES



678 kcal

DESSERT

Ingredients

- ☐ 0.3 cup banana liqueur
- ☐ 2 bananas ripe mashed
- ☐ 5 tablespoons butter melted
- ☐ 32 ounce cream cheese room temperature
- ☐ 4 egg yolks
- ☐ 4 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 teaspoons gelatin powder unflavored
- ☐ 1.5 cups heavy cream chilled

- ☐ 1 cup milk
- ☐ 1 cup heavy whipping cream sour
- ☐ 2 teaspoons vanilla extract
- ☐ 1.3 cups vanilla wafer crumbs
- ☐ 12 vanilla wafers
- ☐ 0.5 cup ground walnuts
- ☐ 3 tablespoons water cold
- ☐ 0.3 cup sugar white

Equipment

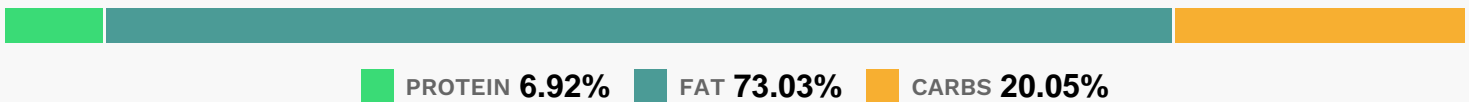
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease the sides of a 9 inch springform pan. In a medium bowl, mix together the vanilla wafer crumbs, ground walnuts, and melted butter. Press into the bottom of the prepared pan.
- ☐ In a large bowl, stir cream cheese to soften.
- ☐ Mix together 1 1/8 cup sugar and flour; stir into the cream cheese until smooth. Stir in eggs, one at a time, mixing until well blended after each one. Stir in sour cream, mashed banana, banana liqueur, and 1 1/2 teaspoons of vanilla.
- ☐ Pour over the crust in the springform pan.

- ☐ Cover the bottom of the outside of the cheesecake pan with aluminum foil to prevent water from the water bath from seeping in.
- ☐ Place springform pan inside a larger pan.
- ☐ Place the whole thing into the preheated oven, and fill the outer pan with hot water.
- ☐ Bake for 45 minutes in the preheated oven. After the time is up, turn the oven off, but leave door closed. Leave cheesecake in the unopened oven for 1 hour. Before removing from the water bath. Run a knife around the outer edge of the cake to keep it from shrinking away from the center and cracking.
- ☐ Let cool to room temperature, then refrigerate until chilled, at least 3 hours, or overnight.
- ☐ In a small bowl, sprinkle the unflavored gelatin over the cold water, and set aside to soften.
- ☐ Heat milk in a small saucepan over medium-low heat until hot but not boiling. Meanwhile, whisk together 1/3 cup sugar and egg yolks until smooth and frothy.
- ☐ Whisk about 1/3 of the hot milk into the egg yolk mixture, then pour the yolk mixture into the pan with the remaining milk. Cook over low heat, stirring constantly with a spatula, making sure that the mixture does not burn on the bottom, until it is thick enough to coat the back of a metal spoon.
- ☐ Remove from the heat. Stir the softened gelatin into the hot pastry cream until dissolved, then stir in vanilla.
- ☐ Pour into a bowl, place a sheet of plastic wrap directly on the surface, and refrigerate until cooled, about 1 hour.
- ☐ When the pastry cream is cooled, whip heavy cream just past soft peaks. Stir pastry cream to soften, then fold in the whipped cream.
- ☐ Place vanilla wafers on top of the cooled cheesecake, then spread the vanilla cream over the entire top. Chill until serving. Run a wet knife around the outer edge of the cake before removing the sides for a cleaner look.

Nutrition Facts



Properties

Glycemic Index:40.74, Glycemic Load:18.29, Inflammation Score:-8, Nutrition Score:11.676521705545%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 677.95kcal (33.9%), Fat: 55.15g (84.84%), Saturated Fat: 29.78g (186.11%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 32.94g (11.98%), Sugar: 21.03g (23.36%), Cholesterol: 255.8mg (85.27%), Sodium: 392.09mg (17.05%), Alcohol: 1.48g (100%), Alcohol %: 0.81% (100%), Protein: 11.76g (23.51%), Vitamin A: 1930.02IU (38.6%), Vitamin B2: 0.46mg (27.33%), Selenium: 17.71µg (25.3%), Phosphorus: 217.88mg (21.79%), Calcium: 161.25mg (16.12%), Folate: 52.63µg (13.16%), Manganese: 0.25mg (12.68%), Vitamin B5: 1.16mg (11.6%), Vitamin B1: 0.17mg (11.08%), Vitamin B6: 0.22mg (10.93%), Vitamin B12: 0.62µg (10.36%), Vitamin E: 1.51mg (10.04%), Potassium: 320.45mg (9.16%), Vitamin D: 1.32µg (8.78%), Zinc: 1.12mg (7.49%), Magnesium: 29.07mg (7.27%), Copper: 0.14mg (7.18%), Iron: 0.84mg (4.65%), Fiber: 1.13g (4.53%), Vitamin B3: 0.9mg (4.48%), Vitamin K: 3.62µg (3.45%), Vitamin C: 2.13mg (2.58%)