



## Banana Pudding Cheesecake

 Vegetarian

READY IN



670 min.

SERVINGS



12

CALORIES



515 kcal

DESSERT

### Ingredients

- 2 large bananas diced ripe
- 0.3 cup butter melted
- 24 oz cream cheese softened
- 3 large eggs
- 1 cup granulated sugar
- 1 tablespoon juice of lemon
- 2 tablespoons brown sugar light
- 0.5 cup pecans chopped

- 2 teaspoons vanilla extract
- 0.5 cup coarsely vanilla wafers crushed
- 1.5 cups vanilla wafers crushed finely
- 17 vanilla wafers
- 12 servings garnishes: whipped cream sweetened sliced

## Equipment

- bowl
- sauce pan
- oven
- knife
- wire rack
- hand mixer
- springform pan

## Directions

- Preheat oven to 350
- Stir together first 3 ingredients in a small bowl until well blended. Press mixture onto bottom of a greased and floured 9-inch springform pan. Stand 17 vanilla wafers around edge of pan (rounded sides against pan), pressing gently into crust to secure.
- Bake 10 minutes. Cool completely on a wire rack (about 30 minutes).
- Combine bananas and lemon juice in a small saucepan. Stir in brown sugar. Cook over medium-high heat, stirring constantly, 1 minute or just until sugar has dissolved.
- Beat cream cheese at medium speed with an electric mixer 3 minutes or until smooth. Gradually add granulated sugar, beating until blended.
- Add eggs, 1 at a time, beating just until yellow disappears after each addition. Beat in vanilla. Gently stir banana mixture into cream cheese mixture.
- Pour batter into prepared crust.
- Bake at 350 for 45 to 55 minutes or until center is almost set.
- Remove cheesecake from oven; gently run a knife around edge of cheesecake to loosen.

Sprinkle top of cheesecake with coarsely crushed wafers. Cool completely on a wire rack (about 1 hour). Cover and chill 8 hours.

## Nutrition Facts

**PROTEIN 5.35%** **FAT 58.06%** **CARBS 36.59%**

### Properties

Glycemic Index:41.49, Glycemic Load:30.24, Inflammation Score:-6, Nutrition Score:7.3952174601348%

### Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 515.14kcal (25.76%), Fat: 33.93g (52.2%), Saturated Fat: 16.94g (105.88%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 46.71g (16.99%), Sugar: 32.78g (36.42%), Cholesterol: 118.76mg (39.59%), Sodium: 335.57mg (14.59%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 7.04g (14.08%), Vitamin A: 1005.38IU (20.11%), Vitamin B2: 0.28mg (16.54%), Manganese: 0.28mg (13.95%), Selenium: 9.37µg (13.38%), Phosphorus: 120.95mg (12.1%), Vitamin B1: 0.17mg (11.37%), Folate: 40.72µg (10.18%), Calcium: 75.48mg (7.55%), Vitamin B6: 0.15mg (7.49%), Vitamin B5: 0.66mg (6.58%), Potassium: 229.62mg (6.56%), Vitamin E: 0.86mg (5.7%), Fiber: 1.4g (5.62%), Vitamin B3: 0.97mg (4.87%), Magnesium: 19.31mg (4.83%), Zinc: 0.71mg (4.76%), Copper: 0.09mg (4.74%), Vitamin B12: 0.26µg (4.36%), Vitamin C: 2.51mg (3.04%), Iron: 0.48mg (2.68%), Vitamin K: 1.95µg (1.85%), Vitamin D: 0.27µg (1.83%)