



Bananas Foster Cheesecake Squares

READY IN



230 min.

SERVINGS



16

CALORIES



410 kcal

DESSERT

Ingredients

- 0.5 cup fully bananas ripe mashed (1 large)
- 2 bananas
- 0.8 cup brown sugar divided packed
- 0.3 cup butter melted
- 25 caramels kraft
- 24 oz philadelphia cream cheese softened
- 3 eggs
- 2 tsp juice of lemon
- 2 Tbsp milk

- 0.5 cup planters pecan halves
- 0.5 cup planters pecans chopped
- 2 tsp rum extract
- 2 cups vanilla wafers crushed finely

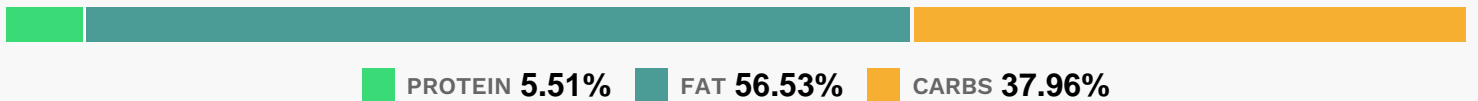
Equipment

- bowl
- frying pan
- oven
- blender
- microwave

Directions

- Heat oven to 350F.
- Combine wafer crumbs, chopped nuts, butter and 1/4 cup sugar; press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Beat cream cheese, rum extract and remaining sugar in large bowl with mixer until blended.
- Add eggs, one at a time, mixing on low speed after each just until blended. Stir in mashed bananas; pour over crust.
- Bake 30 min. or until center is almost set. Cool. Refrigerate 3 hours.
- Slice remaining bananas; toss with lemon juice. Spoon over cheesecake. Microwave caramels and milk in microwaveable bowl on HIGH 2 min.; stir until caramels are completely melted and sauce is well blended.
- Drizzle over cheesecake; top with pecan halves.

Nutrition Facts



Properties

Glycemic Index:21.03, Glycemic Load:18.26, Inflammation Score:-5, Nutrition Score:6.5899999659994%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 409.85kcal (20.49%), Fat: 26.51g (40.78%), Saturated Fat: 11.05g (69.07%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 38.77g (14.1%), Sugar: 28.93g (32.15%), Cholesterol: 75.1mg (25.03%), Sodium: 276.05mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Manganese: 0.35mg (17.32%), Vitamin A: 768.07IU (15.36%), Vitamin B2: 0.23mg (13.73%), Phosphorus: 110.01mg (11%), Selenium: 7.06µg (10.09%), Vitamin B1: 0.14mg (9.02%), Calcium: 84.7mg (8.47%), Vitamin B6: 0.14mg (6.84%), Folate: 25.94µg (6.49%), Potassium: 226.12mg (6.46%), Vitamin B5: 0.61mg (6.08%), Copper: 0.11mg (5.54%), Magnesium: 21.51mg (5.38%), Fiber: 1.29g (5.18%), Vitamin E: 0.74mg (4.95%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.23µg (3.79%), Vitamin B3: 0.64mg (3.21%), Iron: 0.49mg (2.74%), Vitamin C: 2.07mg (2.51%), Vitamin K: 1.52µg (1.45%), Vitamin D: 0.19µg (1.24%)