



Bit-of-Irish Cheesecake

READY IN



380 min.

SERVINGS



16

CALORIES



397 kcal

DESSERT

Ingredients

- 3 Tbsp butter melted
- 1 cup knudsen cream sour
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 3 Tbsp flour
- 0.3 cup irish cream liqueur
- 1.5 cups planters pecans finely chopped
- 1 cup sugar
- 2 Tbsp sugar

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- springform pan

Directions

- Heat oven to 325F.
- Combine nuts, 2 Tbsp. sugar and butter; press onto bottom of 9-inch springform pan.
- Bake 10 min.
- Meanwhile, beat cream cheese, 1 cup sugar and flour in large bowl with mixer until blended.
- Add sour cream and liqueur; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour cream cheese batter over crust.
- Bake 1 hour 5 min. or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:11.43, Inflammation Score:-6, Nutrition Score:6.6826087923154%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate:

0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 396.72kcal (19.84%), Fat: 32.67g (50.27%), Saturated Fat: 14.56g (90.99%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 20.2g (7.34%), Sugar: 17.74g (19.72%), Cholesterol: 106.67mg (35.56%), Sodium: 223.04mg (9.7%), Alcohol: 0.5g (100%), Alcohol %: 0.56% (100%), Protein: 6.35g (12.71%), Manganese: 0.44mg (21.94%), Vitamin A: 1009.52IU (20.19%), Selenium: 9.7µg (13.85%), Vitamin B2: 0.23mg (13.38%), Phosphorus: 121.2mg (12.12%), Calcium: 83.31mg (8.33%), Copper: 0.14mg (6.75%), Vitamin B5: 0.63mg (6.29%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.9mg (6.03%), Vitamin E: 0.87mg (5.8%), Magnesium: 19.48mg (4.87%), Potassium: 148.93mg (4.26%), Vitamin B12: 0.26µg (4.26%), Folate: 15.78µg (3.94%), Vitamin B6: 0.08mg (3.83%), Fiber: 0.93g (3.72%), Iron: 0.57mg (3.18%), Vitamin K: 1.77µg (1.68%), Vitamin D: 0.22µg (1.47%), Vitamin B3: 0.27mg (1.33%)