



Brown Sugar Cheesecake with Cranberry Compote

READY IN



45 min.

SERVINGS



16

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup cake flour
- ☐ 8 ounces cranberries fresh
- ☐ 8 ounces weight cream cheese fat-free
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 2 large eggs
- ☐ 1 tablespoon skim milk fat-free
- ☐ 1.8 cups gingersnaps crushed finely (30 cookies,)

- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 2 tablespoons maple syrup
- ☐ 0.8 cup orange juice fresh (3 oranges)
- ☐ 1 cup pears shredded ripe peeled (1 medium)
- ☐ 1 tablespoon vanilla extract

Equipment

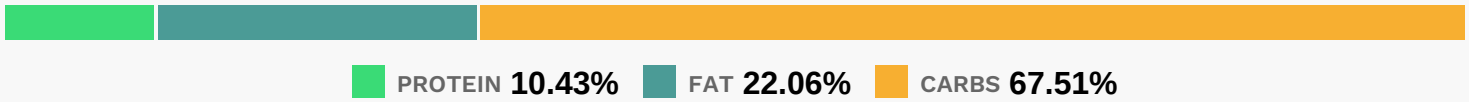
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ To prepare cheesecake, combine gingersnap crumbs, butter, and milk in a medium bowl; stir with a fork. Firmly press mixture into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 400 for 3 minutes; cool on a wire rack. Reduce oven temperature to 32
- ☐ Place cheeses in a large bowl; beat with a mixer at high speed until smooth.
- ☐ Add sugars, beating until well combined. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour to cheese mixture; beat well.

- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add sour cream, syrup, and vanilla; beat well.
- ☐ Pour cheese mixture into crust.
- ☐ Bake at 325 for 40 minutes or until cheesecake center barely moves when pan is touched. Turn oven off.
- ☐ Remove cheesecake; run a knife around outside edge. Return cheesecake to oven, and partially open oven door. Cool cheesecake 1 hour in oven.
- ☐ Remove from oven; cool completely on a wire rack. Cover and chill at least 8 hours.
- ☐ To prepare compote, combine cranberries and remaining ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 5 minutes or until the cranberries pop, stirring frequently. Cool to room temperature, and serve over cheesecake.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:5.64, Inflammation Score:-2, Nutrition Score:5.2530435116395%

Flavonoids

Cyanidin: 6.79mg, Cyanidin: 6.79mg, Cyanidin: 6.79mg, Cyanidin: 6.79mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 172.09kcal (8.6%), Fat: 4.24g (6.52%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 27.99g (10.18%), Sugar: 17.28g (19.2%), Cholesterol: 31.26mg (10.42%), Sodium: 197.39mg (8.58%),

Alcohol: 0.28g (100%), Alcohol %: 0.38% (100%), Protein: 4.51g (9.02%), Manganese: 0.34mg (17.19%), Phosphorus: 110.91mg (11.09%), Vitamin C: 8.3mg (10.06%), Vitamin B2: 0.16mg (9.2%), Calcium: 87.14mg (8.71%), Selenium: 4.67µg (6.68%), Folate: 24.78µg (6.19%), Iron: 1.09mg (6.04%), Potassium: 173.05mg (4.94%), Fiber: 1.2g (4.79%), Copper: 0.08mg (3.93%), Magnesium: 15.54mg (3.88%), Vitamin B12: 0.23µg (3.81%), Vitamin B1: 0.05mg (3.57%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.48mg (3.17%), Vitamin E: 0.47mg (3.1%), Vitamin A: 145.14IU (2.9%), Vitamin B3: 0.56mg (2.81%), Vitamin B6: 0.05mg (2.58%), Vitamin K: 1.7µg (1.61%)