



Canada Day Nanaimo Bar Cheesecake

READY IN



250 min.

SERVINGS



16

CALORIES



551 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 cup coconut or flaked
- ☐ 32 ounce cream cheese softened
- ☐ 0.3 cup custard powder such as Bird's® Custard Powder
- ☐ 4 eggs
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup pecans chopped
- ☐ 6 ounce bittersweet chocolate
- ☐ 2.5 cups chocolate cream-filled sandwich cookies crushed such as OREO® Cookies

☐ 1 cup sugar white

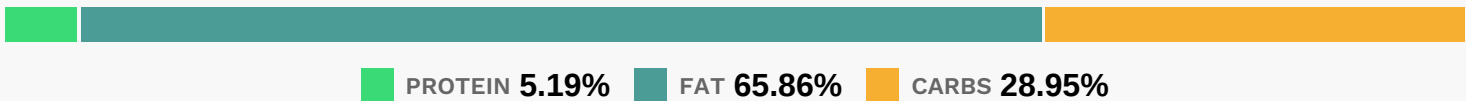
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Stir together the cookie crumbs, melted butter, pecans, and coconut in a bowl until the mixture is well combined. Press into the bottom of a 9x13-inch baking dish, and refrigerate while making filling.
- ☐ Beat cream cheese, sugar, and custard powder in a large bowl with an electric mixer until light and fluffy, and beat in eggs, 1 at a time, beating each until fully incorporated before adding the next.
- ☐ Layer the filling over the crust.
- ☐ Bake in the preheated oven until the center is almost set, about 40 minutes. Refrigerate the cheesecake until fully cold, at least 3 hours.
- ☐ Melt the semisweet chocolate in a saucepan over very low heat with the cream, and stir until the mixture is smooth and well blended.
- ☐ Pour the chocolate mixture over the cheesecake, spread with a spatula to cover the middle layer, and refrigerate until the topping is firm, 15 to 20 minutes.
- ☐ Serve cold. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.82, Glycemic Load:9.58, Inflammation Score:-6, Nutrition Score:8.3069565348003%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 551.4kcal (27.57%), Fat: 41.06g (63.17%), Saturated Fat: 21.87g (136.71%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 38.79g (14.1%), Sugar: 28.86g (32.07%), Cholesterol: 123.33mg (41.11%), Sodium: 341.37mg (14.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 7.28g (14.56%), Vitamin A: 1114.45IU (22.29%), Manganese: 0.37mg (18.67%), Vitamin B2: 0.27mg (15.98%), Selenium: 10.88µg (15.54%), Phosphorus: 146.13mg (14.61%), Copper: 0.22mg (11.14%), Iron: 1.63mg (9.07%), Vitamin E: 1.33mg (8.9%), Magnesium: 33.9mg (8.47%), Calcium: 83.87mg (8.39%), Fiber: 1.82g (7.29%), Vitamin B5: 0.69mg (6.92%), Vitamin B1: 0.1mg (6.75%), Zinc: 0.97mg (6.44%), Folate: 24µg (6%), Potassium: 205.25mg (5.86%), Vitamin B12: 0.27µg (4.49%), Vitamin B3: 0.87mg (4.33%), Vitamin K: 4.04µg (3.85%), Vitamin B6: 0.07mg (3.68%), Vitamin D: 0.34µg (2.26%)