



## Caramel Apple-Brownie Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



555 kcal

DESSERT

### Ingredients

- 1.5 cups apples
- 2.5 teaspoons double-acting baking powder
- 0.5 cup brown sugar light packed
- 0.5 cup brown sugar light packed
- 0.5 cup butter
- 12 oz cream cheese
- 3 eggs
- 1.5 cups flour

- 2 tablespoons granulated sugar
- 2 tablespoons ground cinnamon
- 0.3 cup pecans chopped
- 0.5 teaspoon salt
- 8 servings baking apples are apples that have a sweet-tart balance and hold their shape when good cooked
- 4 teaspoons vanilla extract

## Equipment

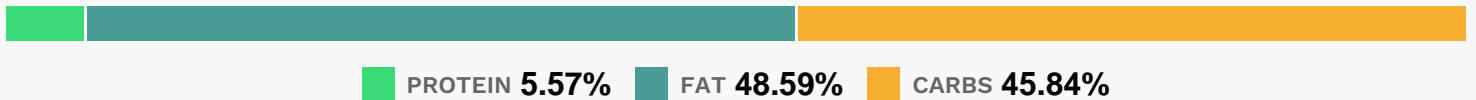
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- wooden spoon
- stand mixer
- springform pan

## Directions

- Preheat oven to 350F (180 C).
- Bake pecans in a single layer in a shallow pan for about 7-8 minutes or until lightly toasted and fragrant, stirring halfway through.
- Remove from oven, let cool down, and chop. Reserve.Reduce oven temperature to 325F (about 160 C). Grease and flour a 9-inch (22.5 cm) springform pan.
- Sprinkle pecans over bottom of the prepared pan and reserve.In a heavy-duty electric stand mixer, beat cream cheese, granulated sugar, and vanilla at medium speed until well-blended and smooth.

- Add 3 eggs (1 at a time), beating after each addition until just blended. Reserve. In a separate large bowl, whisk together brown sugar, melted butter, and remaining egg until blended. Then stir in the flour, cinnamon, baking powder, and salt.
- Add the peeled and diced apples to the mixture and stir gently. Spoon batter into prepared pan. Carefully spoon cream cheese mixture over batter.
- Bake at 325F ( about 160 C) for 70 minutes or until set.
- Remove from oven, and gently run a knife around outer edge of cheesecake to loosen from sides of pan but do NOT remove sides of pan. Cool completely in pan on a wire rack for about 2 hours.
- Remove side of the pan and transfer to a serving plate. Meanwhile, prepare Caramel Apple Topping and Caramel Sauce. Spoon topping over cheesecake; drizzle with 1/2 cup Caramel Sauce. Reserve 1 cup Caramel Sauce to drizzle over the cheesecake later if you have not served the whole dessert at once. For the Caramel Apple Topping: In a large skillet over medium heat, melt the butter; then, add both the sugar and lemon juice. Cook, stirring constantly with a long-handled wooden spoon, for 5 to 6 minutes or until mixture turns a light golden brown.
- Add the apple wedges and cook, stirring often, for 15 to 18 additional minutes or until apples are tender and caramelized.
- Remove from heat and let cool for 20 minutes. Meanwhile, prepare Caramel Apple Topping and Caramel Sauce. Spoon topping over cheesecake; drizzle with 1/2 cup Caramel Sauce. Reserve 1 cup Caramel Sauce to drizzle over the cheesecake later if you have not served the whole dessert at once. For the Caramel Sauce: In a medium saucepan over medium-high heat, bring the brown sugar, butter, whipping cream, and honey to a boil, stirring constantly; then, boil stirring constantly for 2 minutes.
- Remove from heat, stir in the vanilla, and cool 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:49.14, Glycemic Load:19.17, Inflammation Score:-7, Nutrition Score:11.517826086957%

## Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 6.5mg, Epicatechin: 6.5mg, Epicatechin: 6.5mg, Epicatechin: 6.5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

## Nutrients (% of daily need)

Calories: 555.1kcal (27.76%), Fat: 30.57g (47.03%), Saturated Fat: 16.68g (104.23%), Carbohydrates: 64.87g (21.62%), Net Carbohydrates: 60.78g (22.1%), Sugar: 40.77g (45.3%), Cholesterol: 134.83mg (44.94%), Sodium: 535.46mg (23.28%), Alcohol: 0.69g (3.82%), Protein: 7.89g (15.77%), Manganese: 0.72mg (36.23%), Selenium: 17.35µg (24.79%), Vitamin A: 1068.96IU (21.38%), Vitamin B2: 0.32mg (19.05%), Calcium: 181.6mg (18.16%), Fiber: 4.09g (16.35%), Vitamin B1: 0.24mg (15.92%), Phosphorus: 155.66mg (15.57%), Folate: 58.62µg (14.66%), Iron: 2.12mg (11.78%), Vitamin B3: 1.62mg (8.12%), Vitamin E: 1.13mg (7.54%), Potassium: 261.8mg (7.48%), Vitamin B5: 0.74mg (7.4%), Copper: 0.14mg (6.95%), Vitamin B6: 0.12mg (6%), Magnesium: 23.92mg (5.98%), Zinc: 0.84mg (5.59%), Vitamin C: 4.07mg (4.93%), Vitamin K: 4.64µg (4.42%), Vitamin B12: 0.26µg (4.41%), Vitamin D: 0.33µg (2.2%)