



Caramel-Apple Cheesecake

 Vegetarian

READY IN



365 min.

SERVINGS



5

CALORIES



1157 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 15 caramels kraft
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 4 cups gala apples chopped
- 1.5 cups graham cracker crumbs
- 0.8 tsp ground cinnamon divided
- 0.8 cup sugar divided

1 Tbsp water

Equipment

bowl

frying pan

oven

blender

microwave

Directions

Heat oven to 350F.

Combine graham crumbs and butter; press onto bottom of 13x9-inch pan.

Mix 2 Tbsp. sugar and 1/2 tsp. cinnamon; reserve for later use. Beat cream cheese with remaining sugar and cinnamon with mixer until blended.

Add eggs, 1 at a time, mixing on low speed after each just until blended.

Pour over crust.

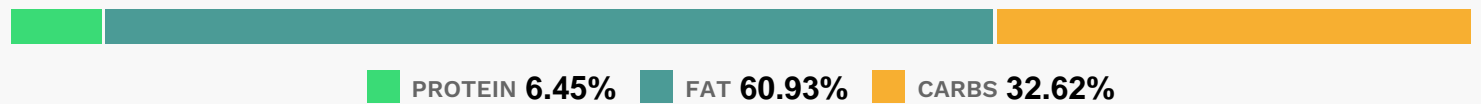
Toss apples with reserved sugar mixture; spoon over cheesecake batter.

Bake 45 min. or until center is almost set. Cool. Refrigerate 4 hours.

Microwave caramels and water in microwaveable bowl on HIGH 45 sec. or until sauce is smooth when stirred.

Drizzle over cheesecake.

Nutrition Facts



Properties

Glycemic Index:64.62, Glycemic Load:55.89, Inflammation Score:-9, Nutrition Score:17.009130374245%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg

Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg
Epicatechin: 7.53mg, Epicatechin: 7.53mg, Epicatechin: 7.53mg, Epicatechin: 7.53mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg,
Epigallocatechin 3–gallate: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg
Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 4.01mg, Quercetin:
4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 1156.66kcal (57.83%), Fat: 80.19g (123.37%), Saturated Fat: 44.75g (279.7%), Carbohydrates: 96.57g
(32.19%), Net Carbohydrates: 93.11g (33.86%), Sugar: 72.75g (80.84%), Cholesterol: 340.7mg (113.57%), Sodium:
933.73mg (40.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.21%), Vitamin A: 2978.17IU
(59.56%), Vitamin B2: 0.75mg (44.19%), Selenium: 27.26µg (38.94%), Phosphorus: 362.91mg (36.29%), Calcium:
270.04mg (27%), Vitamin B5: 1.83mg (18.35%), Vitamin E: 2.52mg (16.8%), Potassium: 508.88mg (14.54%), Fiber:
3.46g (13.86%), Vitamin B12: 0.82µg (13.7%), Zinc: 2.04mg (13.62%), Vitamin B6: 0.25mg (12.27%), Folate: 49.03µg
(12.26%), Magnesium: 46.01mg (11.5%), Iron: 2.07mg (11.49%), Vitamin B1: 0.16mg (10.79%), Vitamin K: 7.57µg (7.21%),
Manganese: 0.14mg (6.87%), Vitamin B3: 1.29mg (6.45%), Vitamin C: 4.73mg (5.74%), Copper: 0.1mg (5.09%),
Vitamin D: 0.7µg (4.69%)