



## Caramel-Apple Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



288 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 1 tablespoon egg white
- ☐ 4 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup graham cracker crumbs ( 8 cookie sheets)
- ☐ 8 ounces apples i use 2 granny smith apples peeled thinly sliced
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons half-and-half
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 Dash nutmeg
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 0.3 cup sugar
- ☐ 1.8 cups sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 tablespoon water
- ☐ 3 tablespoons water
- ☐ 16 ounce blocks softened

## Equipment

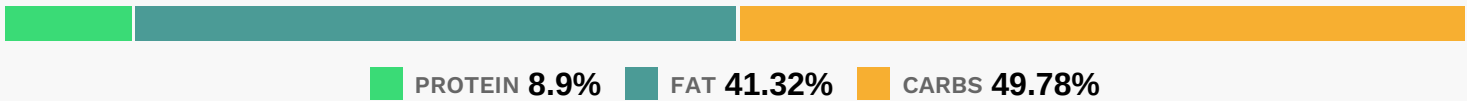
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

## Directions

- ☐ Preheat oven to 40
- ☐ To prepare crust, combine the first 3 ingredients in a bowl; toss with a fork until moist. Press mixture lightly into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 400 for 6 minutes.

- ☐ Remove from oven; cool on a wire rack. Wrap outside of pan with a double layer of foil.Reduce oven temperature to 32
- ☐ To prepare cheesecake, place 1 3/4 cups sugar and next 7 ingredients (through fat-free cream cheese) in food processor; process until smooth.
- ☐ Add eggs, 1 at a time; process until blended.
- ☐ Pour cheese mixture into prepared pan.
- ☐ Place springform pan in a large roasting pan; add hot water to larger pan to a depth of 1 inch.
- ☐ Bake at 325 for 1 hour or until cheesecake center barely moves when pan is touched.
- ☐ Remove from oven; let stand in water bath 10 minutes. Run a knife around outside edge of cheesecake.
- ☐ Remove pan from water bath; cool on a wire rack to room temperature. Cover and chill at least 8 hours.
- ☐ To prepare topping, combine 1/3 cup sugar, 3 tablespoons water, and lemon juice in a small, heavy saucepan; cook over medium-high heat until sugar dissolves, stirring frequently. Cook 4 minutes or until golden (do not stir).
- ☐ Remove from heat.
- ☐ Add butter to pan; gently stir until butter melts. Stir in half-and-half. Cool slightly.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add apple to pan; saut 5 minutes or until lightly browned. Stir in sugar mixture and nutmeg.
- ☐ Serve topping with cheesecake.

## Nutrition Facts



## Properties

Glycemic Index:33.95, Glycemic Load:22.74, Inflammation Score:-3, Nutrition Score:4.8165217223375%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

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Nutrients (% of daily need)

Calories: 287.74kcal (14.39%), Fat: 13.45g (20.7%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 35.85g (13.04%), Sugar: 30.74g (34.16%), Cholesterol: 81.89mg (27.3%), Sodium: 255.82mg (11.12%), Alcohol: 0.13g (100%), Alcohol %: 0.14% (100%), Protein: 6.52g (13.04%), Phosphorus: 150.41mg (15.04%), Vitamin B2: 0.21mg (12.07%), Selenium: 8.08µg (11.55%), Vitamin A: 515.77IU (10.32%), Calcium: 103.1mg (10.31%), Vitamin B12: 0.34µg (5.74%), Vitamin B5: 0.5mg (4.96%), Folate: 19.82µg (4.95%), Zinc: 0.68mg (4.56%), Potassium: 141.3mg (4.04%), Iron: 0.6mg (3.36%), Magnesium: 12.61mg (3.15%), Vitamin B1: 0.05mg (3.1%), Vitamin E: 0.45mg (3.02%), Vitamin B6: 0.06mg (2.94%), Fiber: 0.61g (2.44%), Manganese: 0.04mg (1.96%), Vitamin B3: 0.37mg (1.87%), Vitamin D: 0.26µg (1.76%), Copper: 0.03mg (1.6%), Vitamin K: 1.12µg (1.07%)