



Caramel Apple Cheesecake Pie

READY IN



50 min.

SERVINGS



10

CALORIES



422 kcal

DESSERT

Ingredients

- ☐ 21 ounce apple fruit filling and topping divided comstock® wilderness® canned
- ☐ 20 ounce caramel sundae syrup
- ☐ 8 ounce cream cheese softened
- ☐ 3 eggs
- ☐ 6 ounce ready crust® graham cracker pie crust
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons pecans toasted
- ☐ 10 servings optional topping
- ☐ 0.5 teaspoon vanilla extract

☐ 0.5 cup sugar white

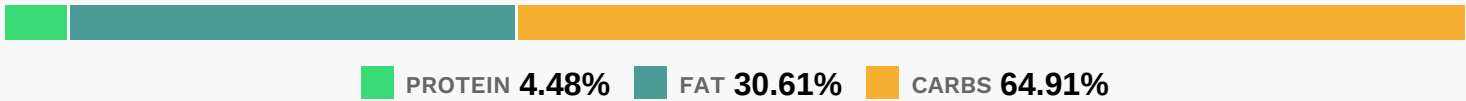
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place pie crust on baking sheet; pour 1/2 can of pie filling into crust and spread evenly. Set aside.
- ☐ With a mixer, beat together cream cheese, sugar, lemon juice, and vanilla until fluffy.
- ☐ Add eggs, one at a time, mixing after each addition; pour filling over apple layer.
- ☐ Bake for 30–35 minutes, or until center is almost set. Cool.
- ☐ Spread out pecans evenly on a baking sheet.
- ☐ Place into a 375 degrees F oven for 3–5 minutes or until pecans are well toasted.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:7.33, Inflammation Score:-3, Nutrition Score:5.6373913028966%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 421.98kcal (21.1%), Fat: 14.9g (22.92%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 71.07g (23.69%), Net Carbohydrates: 69.93g (25.43%), Sugar: 54.96g (61.07%), Cholesterol: 72.02mg (24.01%), Sodium: 394.98mg (17.17%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 4.9g (9.8%), Manganese: 0.36mg (18.21%), Selenium: 7.52µg (10.74%), Phosphorus: 103.15mg (10.31%), Vitamin B2: 0.16mg (9.47%), Vitamin A: 442.52IU (8.85%), Calcium: 66.53mg (6.65%), Copper: 0.11mg (5.63%), Folate: 21.02µg (5.25%), Iron: 0.94mg (5.22%), Vitamin E: 0.76mg (5.04%), Vitamin B5: 0.5mg (4.96%), Fiber: 1.14g (4.56%), Vitamin B12: 0.27µg (4.5%), Vitamin K: 4.62µg (4.4%), Vitamin B1: 0.06mg (4.17%), Zinc: 0.62mg (4.14%), Potassium: 143.64mg (4.1%), Magnesium: 14.52mg (3.63%), Vitamin B3: 0.63mg (3.13%), Vitamin B6: 0.06mg (3.11%), Vitamin C: 1.51mg (1.83%), Vitamin D: 0.26µg (1.76%)