

Caramel Fudge Cheesecake

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



598 kcal

DESSERT

Ingredients

- 1 package brownie mix (8-inch square pan size)
- 14 ounces individually wrapped caramels
- 16 ounces cream cheese softened
- 2 eggs lightly beaten
- 0.3 cup evaporated milk
- 1.3 cups pecans coarsely chopped
- 0.5 cup sugar
- 2 ounces baker's chocolate unsweetened cooled melted

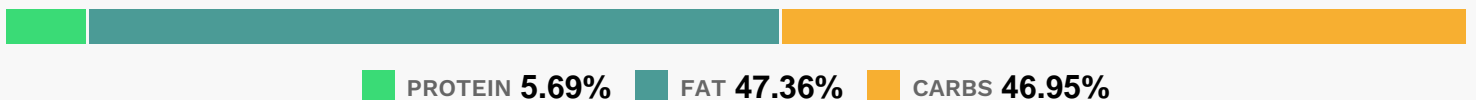
Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- microwave
- springform pan

Directions

- Prepare brownie batter according to package directions.
- Spread into a greased 9-in. springform pan.
- Place on a baking sheet.
- Bake at 350° for 20 minutes.
- Place pan on a wire rack for 10 minutes (leave oven on).
- Meanwhile, in a microwave-safe bowl, melt caramels with milk.
- Pour over brownie crust; sprinkle with pecans. In a large bowl, beat cream cheese and sugar.
- Add eggs; beat on low speed just until combined. Stir in melted chocolate.
- Pour over pecans. Return pan to baking sheet.
- Bake for 35–40 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight.
- Remove sides of pan.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:22.98, Inflammation Score:-5, Nutrition Score:8.6404347186503%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg

Nutrients (% of daily need)

Calories: 597.85kcal (29.89%), Fat: 32.59g (50.14%), Saturated Fat: 12.26g (76.66%), Carbohydrates: 72.7g (24.23%), Net Carbohydrates: 70.83g (25.75%), Sugar: 53.53g (59.48%), Cholesterol: 69.3mg (23.1%), Sodium: 341.02mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 8.82g (17.64%), Manganese: 0.72mg (35.92%), Copper: 0.31mg (15.42%), Phosphorus: 153.68mg (15.37%), Vitamin B2: 0.24mg (14.28%), Iron: 2.53mg (14.08%), Vitamin A: 580.04IU (11.6%), Calcium: 112.92mg (11.29%), Selenium: 7.08µg (10.12%), Magnesium: 40.35mg (10.09%), Zinc: 1.44mg (9.6%), Vitamin B1: 0.13mg (8.67%), Fiber: 1.87g (7.5%), Vitamin B5: 0.67mg (6.72%), Potassium: 232.64mg (6.65%), Vitamin E: 0.74mg (4.94%), Vitamin B12: 0.26µg (4.27%), Vitamin B6: 0.08mg (4%), Folate: 12.41µg (3.1%), Vitamin K: 2.3µg (2.19%), Vitamin B3: 0.3mg (1.48%), Vitamin D: 0.15µg (1.01%)