



Caramel Pecan Cheesecake Trifle

READY IN



20 min.

SERVINGS



15

CALORIES



374 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 15 servings mrs richardson's butterscotch caramel sauce
- 11 oz caramels kraft
- 8 oz philadelphia cream cheese softened
- 1.3 cups sleeve of graham crackers crushed (9 crackers)
- 1 cup planters pecans chopped
- 0.3 cup sugar
- 2 Tbsp water
- 8 oz cool whip whipped topping thawed

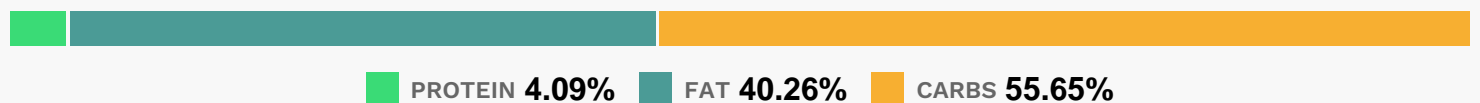
Equipment

- bowl
- sauce pan

Directions

- COMBINE PHILADELPHIA Cream Cheese and sugar in a large bowl until smooth, fold in COOL WHIP Whipped Topping.
- CRUSH graham crackers. Melt butter and stir into graham cracker crumbs until combined.
- ADD a heaping teaspoon of graham cracker crumbs to the bottom of 15 (4-oz.) wine goblets, pat down with Tart Shaper or back of spoon.
- ADD Cheesecake mixture to a re-sealable bag and squeeze into the container.
- PLACE in refrigerator at least 3 hours to chill.
- BEFORE serving, unwrap caramels and place in small saucepan.
- Add water and stir until caramels are completely melted and smooth.
- Pour caramel into a plastic squeeze bottle. You can also spoon it on if you like.
- CHOP pecans.
- Drizzle cheesecake with caramel sauce and sprinkle with pecans.
- STORE leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:19.74, Glycemic Load:17.8, Inflammation Score:-3, Nutrition Score:4.4656521677971%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 374.25kcal (18.71%), Fat: 17.45g (26.85%), Saturated Fat: 7.75g (48.42%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 53.38g (19.41%), Sugar: 46.98g (52.2%), Cholesterol: 25.16mg (8.39%), Sodium: 319.59mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Manganese: 0.32mg (16.06%), Phosphorus: 101.01mg (10.1%), Calcium: 85.25mg (8.52%), Vitamin B2: 0.13mg (7.67%), Vitamin A: 357.22IU (7.14%), Vitamin B1: 0.09mg (5.92%), Magnesium: 20.46mg (5.12%), Copper: 0.09mg (4.5%), Potassium: 147.45mg (4.21%), Zinc: 0.63mg (4.2%), Selenium: 2.87µg (4.1%), Fiber: 0.89g (3.55%), Vitamin B12: 0.2µg (3.41%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.5mg (3.34%), Iron: 0.54mg (3%), Vitamin B6: 0.04mg (2.23%), Folate: 8.46µg (2.12%), Vitamin B3: 0.42mg (2.11%), Vitamin K: 1.67µg (1.59%)