



Caramel Pecan Crunch Cheesecake

READY IN



80 min.

SERVINGS



16

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 1 cup firmly brown sugar dark packed
- ☐ 0.3 cup butter melted
- ☐ 32 ounce cream cheese softened
- ☐ 4 large eggs
- ☐ 1 cup graham cracker crumbs
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.8 cup pecans toasted chopped

☐ 2 teaspoons vanilla extract

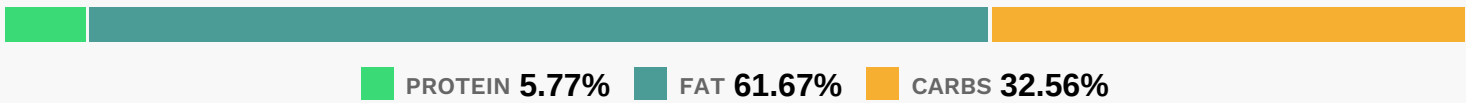
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Combine graham cracker crumbs, 3/4 cup pecans, and butter. Press into bottom of a 10-inch springform pan.
- ☐ Beat cream cheese at medium speed with an electric mixer until smooth.
- ☐ Add sugars, beating until blended.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add vanilla, beating just until blended.
- ☐ Pour mixture into prepared pan.
- ☐ Bake at 325 for 55 minutes or until almost set. Turn oven off, and partially open door; leave cheesecake in oven 1 hour.
- ☐ Remove cheesecake from oven; cool in pan on a wire rack 30 minutes. Cover and chill 8 hours. Run a knife around edges of pan, and release sides.
- ☐ Sprinkle cake with 1/4 cup brown sugar. Broil 5 1/2 inches from heat 2 to 4 minutes or until sugar begins to melt.
- ☐ Sprinkle with 1/4 cup pecans. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:10.25, Inflammation Score:-5, Nutrition Score:6.2286956767025%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 414kcal (20.7%), Fat: 29.01g (44.63%), Saturated Fat: 12.94g (80.87%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 33.63g (12.23%), Sugar: 29.75g (33.05%), Cholesterol: 103.77mg (34.59%), Sodium: 268.78mg (11.69%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 6.11g (12.21%), Vitamin A: 959.65IU (19.19%), Manganese: 0.33mg (16.44%), Selenium: 9.23µg (13.19%), Vitamin B2: 0.21mg (12.5%), Phosphorus: 116.43mg (11.64%), Calcium: 86.39mg (8.64%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.86mg (5.75%), Copper: 0.11mg (5.58%), Vitamin E: 0.82mg (5.49%), Vitamin B1: 0.08mg (5.03%), Magnesium: 19.66mg (4.91%), Iron: 0.8mg (4.43%), Potassium: 154.59mg (4.42%), Vitamin B6: 0.08mg (4%), Vitamin B12: 0.24µg (3.99%), Folate: 15.1µg (3.77%), Fiber: 0.83g (3.33%), Vitamin B3: 0.36mg (1.8%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.47µg (1.4%)