



Caramel Swirl-and-Apple Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



316 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup sundae syrup fat-free caramel-flavored
- ☐ 2 tablespoons sundae syrup fat-free caramel-flavored
- ☐ 3 tablespoons cornstarch
- ☐ 8 ounce block nonfat cream cheese softened
- ☐ 1 egg white
- ☐ 2 eggs
- ☐ 1.3 pounds golden delicious apple cubed peeled

- ☐ 1.3 cups graham cracker crumbs 40 crackers
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon butter softened
- ☐ 8 ounce block neufchâtel cheese softened
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla extract
- ☐ 32 ounce carton vanilla yogurt low-fat

Equipment

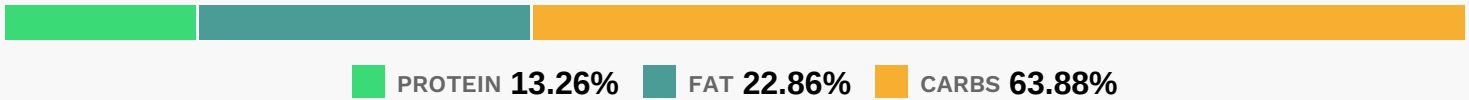
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ spatula
- ☐ springform pan
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place colander in a 2-quart glass measure or bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over edge of bowl. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.

- ☐ Preheat oven to 35
- ☐ Combine 1/4 cup sugar, margarine, and egg white in a bowl; beat at medium speed of a mixer until blended.
- ☐ Add crumbs and cinnamon; stir well. Firmly press mixture into bottom and 1 1/2 inches up sides of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes; let cool on a wire rack.
- ☐ Preheat oven to 30
- ☐ Combine brown sugar and orange juice in a large nonstick skillet; bring to a boil.
- ☐ Add apple; cook 8 minutes until apple is tender and liquid evaporates, stirring occasionally. Set aside.
- ☐ Combine yogurt cheese, 1/2 cup sugar, and next 5 ingredients (1/2 cup sugar through nonfat cream cheese) in a bowl; beat at medium speed of a mixer until smooth.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Spoon apple mixture into prepared pan.
- ☐ Pour cheese mixture over apples; top with 1/3 cup sundae syrup, and swirl with a knife to create a marbled effect.
- ☐ Bake at 300 for 1 hour until almost set. Turn oven off; loosen cake from sides of pan using a narrow metal spatula or knife.
- ☐ Let cheesecake stand for 40 minutes in oven with door closed.
- ☐ Remove cheesecake from oven, and let cool to room temperature. Cover and chill at least 8 hours.
- ☐ Drizzle remaining 2 tablespoons sundae syrup over top; garnish with cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:28.1, Glycemic Load:15.96, Inflammation Score:-3, Nutrition Score:7.82869563932%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.6mg, Epicatechin: 2.6mg, Epicatechin: 2.6mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 315.91kcal (15.8%), Fat: 8.08g (12.43%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 49.24g (17.91%), Sugar: 41.85g (46.5%), Cholesterol: 47.31mg (15.77%), Sodium: 412.84mg (17.95%), Alcohol: 0.37g (100%), Alcohol %: 0.22% (100%), Protein: 10.55g (21.09%), Phosphorus: 269.79mg (26.98%), Calcium: 243.17mg (24.32%), Vitamin B2: 0.31mg (18.5%), Vitamin B12: 0.72µg (12.05%), Selenium: 8.27µg (11.81%), Potassium: 349.67mg (9.99%), Zinc: 1.36mg (9.07%), Vitamin B5: 0.87mg (8.7%), Magnesium: 28.61mg (7.15%), Folate: 28.38µg (7.09%), Vitamin A: 326.37IU (6.53%), Fiber: 1.55g (6.19%), Vitamin B1: 0.08mg (5.33%), Vitamin B6: 0.1mg (5.06%), Iron: 0.74mg (4.11%), Vitamin C: 3.24mg (3.93%), Manganese: 0.07mg (3.45%), Vitamin B3: 0.58mg (2.9%), Copper: 0.05mg (2.6%), Vitamin E: 0.3mg (2.02%), Vitamin K: 1.36µg (1.3%)