72%
HEALTH SCORE

Caramel Swirl Cheesecake

Vegetarian Gluten Free Very Healthy

READY IN	SERVINGS	CALORIES
45 min.	1	6957 kcal

DESSERT

Ingredients

- [ ] 3 ounces brown sugar light packed
- [ ] 2 pounds cream cheese room temperature
- [ ] 4 large eggs room temperature
- [ ] 3.5 ounces granulated sugar
- [ ] 1.5 cups cream sour
- [ ] 4 tablespoons butter unsalted cooled melted (2 ounces,)
- [ ] 1 tablespoon vanilla extract pure
- [ ] 9 ounces walnuts

Equipment

- [ ] food processor
- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] knife
- [ ] wire rack
- [ ] plastic wrap
- [ ] toothpicks
- [ ] roasting pan
- [ ] cake form
- [ ] aluminum foil
- [ ] stand mixer
- [ ] springform pan
- [ ] pie form

Directions

- [ ] Position a rack in the center of the oven and preheat to 350 degrees F.
- [ ] Place the walnuts in a cake or pie pan and toast for 12 minutes, stirring the pan after 6 minutes.
- [ ] Remove the pan from the oven and cool. Reduce the oven temperature to 300 degrees F.
- [ ] Spray the inside of the springform pan with nonstick baking spray. Wrap heavy-duty aluminum foil tightly around the bottom of the pan to prevent water from seeping in as it bakes in a water bath.
- [ ] Pulse the walnuts and brown sugar in the work bowl of a food processor fitted with the steel blade until the walnuts are finely ground, about 1 minute.
- [ ] Pour the butter through the feed tube and pulse until the mixture begins to hold together in moist clumps.
- [ ] Transfer the mixture to the springform pan and press the crust evenly onto the bottom.

- [ ] Beat the cream cheese in the bowl of an electric stand mixer using the flat beaterattachment, or in a large bowl using a hand-held mixer, until fluffy, about 2 minutes.

- [ ] Add the sugars and beat together well.

- [ ] Add the eggs, 1 at a time, beating well after each addition.

- [ ] Add the vanilla then add the sour cream and blend completely.

- [ ] Pour 1/ 2 of batter into the prepared pan. Then pour 1/ 2 of the caramel sauce over the batter. Use the tip of a knife or a toothpick to swirl together. Repeat once more with the remaining batter and sauce.

- [ ] Place the springform pan into a larger cake pan or a roasting pan.

- [ ] Pour boiling water into the bottom pan until it comes halfway up the sides of the cake pan.

- [ ] Bake the cake for 1 hour and 30 minutes, or until the cake puffs and the top is light golden.

- [ ] Remove the pans from the oven and transfer the springform pan to a cooling rack to cool completely. Cover the top of the cheesecake with waxed paper and tightly wrap with aluminum foil then chill for at least 8 hours. Release the clip on the side of the springform pan and gently pull the sides away from the bottom.

- [ ] Serve the cheesecake at room temperature.

- [ ] Store the cake tightly wrapped in aluminum foil up to 4 days in the refrigerator. To freeze for up to 4 moths, wrap the cake tightly in several layers of plastic wrap and foil. If frozen, defrost overnight in the refrigerator and bring to room temperature before serving.

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Nutrition Facts

PROTEIN **7.2%**   FAT **76.78%**   CARBS **16.02%**
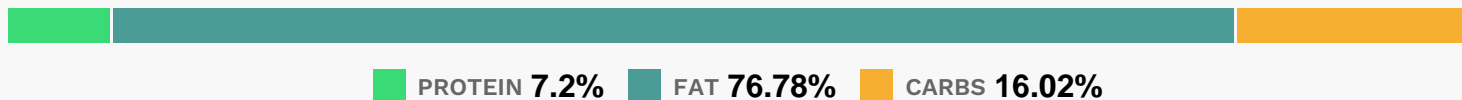
Properties

Glycemic Index:117.09, Glycemic Load:86.36, Inflammation Score:-10, Nutrition Score:77.39956480523 8%

Flavonoids

Cyanidin: 6.91mg, Cyanidin: 6.91mg, Cyanidin: 6.91mg, Cyanidin: 6.91mg

Nutrients (% of daily need)

Calories: 6957.05kcal (347.85%), Fat: 610.12g (938.65%), Saturated Fat: 268.76g (1679.78%), Carbohydrates: 286.38g (95.46%), Net Carbohydrates: 269.29g (97.92%), Sugar: 236.47g (262.75%), Cholesterol: 1984.21mg

(661.4%), Sodium: 3276.75mg (142.47%), Alcohol: 4.47g (100%), Alcohol %: 0.29% (100%), Protein: 128.78g (257.56%), Manganese: 8.99mg (449.75%), Vitamin A: 16863.31IU (337.27%), Phosphorus: 2529.31mg (252.93%), Selenium: 166.86μg (238.37%), Vitamin B2: 4.01mg (236.06%), Copper: 4.49mg (224.57%), Calcium: 1676.91mg (167.69%), Magnesium: 553.61mg (138.4%), Vitamin B6: 2.4mg (119.98%), Folate: 448.92μg (112.23%), Vitamin B5: 11.03mg (110.29%), Zinc: 16.24mg (108.26%), Vitamin E: 14.3mg (95.32%), Potassium: 3177.71mg (90.79%), Vitamin B1: 1.23mg (82.13%), Vitamin B12: 4.6μg (76.59%), Iron: 12.84mg (71.36%), Fiber: 17.09g (68.38%), Vitamin K: 35.63μg (33.94%), Vitamin D: 4.84μg (32.27%), Vitamin B3: 4.33mg (21.63%), Vitamin C: 6.42mg (7.78%)