



WHATSheATE



HEALTH SCORE

72%

Caramel Swirl Cheesecake



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



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

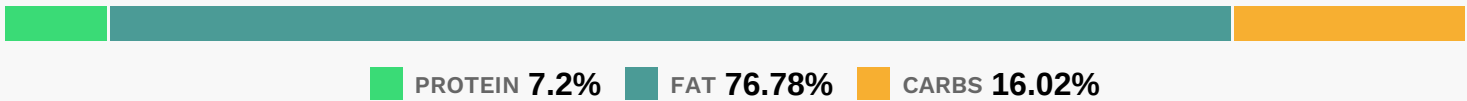
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ plastic wrap
- ☐ toothpicks
- ☐ roasting pan
- ☐ cake form
- ☐ aluminum foil
- ☐ stand mixer
- ☐ springform pan
- ☐ pie form

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 beater attachment, 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 months, 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



Properties

Glycemic Index:117.09, Glycemic Load:86.36, Inflammation Score:-10, Nutrition Score:77.399564805238%

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%)