

Cheesecake Praline Squares

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



644 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup butter melted
- 2 tablespoons powdered sugar
- 24 ounces cream cheese softened
- 4 eggs lightly beaten
- 2.5 cups flour all-purpose
- 1 cup cup heavy whipping cream
- 0.5 teaspoon lemon zest grated

- 1 cup pecans chopped
- 0.7 cup sugar
- 14 ounces condensed milk sweetened canned
- 1.5 teaspoons vanilla extract

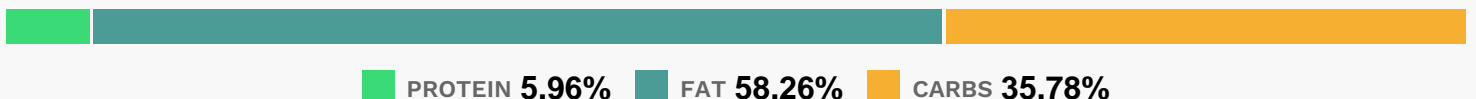
Equipment

- bowl
- sauce pan
- oven
- wire rack
- baking pan

Directions

- In a large bowl, combine the flour, butter, pecans and confectioners' sugar. Press into an ungreased 13-in. x 9-in. baking dish.
- Bake at 350° for 20–24 minutes or until lightly browned. Cool on a wire rack.
- In a large bowl, beat cream cheese and sugar until smooth.
- Add the milk, vanilla and lemon peel.
- Add eggs; beat on low speed just until combined.
- Pour over crust.
- Bake at 350° for 35–40 minutes or until edges are lightly browned. Cool on a wire rack.
- In a small saucepan, combine brown sugar and cream. Cook and stir over medium heat until mixture comes to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
- Remove from the heat; stir in pecans and vanilla.
- Pour over cheesecake. Refrigerate for 4 hours or overnight.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:19.54, Glycemic Load:27.2, Inflammation Score:-7, Nutrition Score:11.137826126555%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 644.26kcal (32.21%), Fat: 42.49g (65.37%), Saturated Fat: 22.89g (143.07%), Carbohydrates: 58.72g (19.57%), Net Carbohydrates: 57.45g (20.89%), Sugar: 41.15g (45.73%), Cholesterol: 148.92mg (49.64%), Sodium: 298.96mg (13%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Protein: 9.78g (19.55%), Selenium: 19.62µg (28.03%), Vitamin A: 1358.71IU (27.17%), Vitamin B2: 0.42mg (24.57%), Manganese: 0.49mg (24.49%), Phosphorus: 194.79mg (19.48%), Vitamin B1: 0.25mg (16.96%), Calcium: 160.44mg (16.04%), Folate: 53.48µg (13.37%), Iron: 1.59mg (8.81%), Vitamin B5: 0.87mg (8.68%), Vitamin E: 1.17mg (7.78%), Zinc: 1.16mg (7.73%), Potassium: 265.43mg (7.58%), Copper: 0.15mg (7.37%), Vitamin B3: 1.46mg (7.28%), Magnesium: 28.54mg (7.13%), Vitamin B12: 0.37µg (6.2%), Fiber: 1.27g (5.07%), Vitamin B6: 0.1mg (4.78%), Vitamin D: 0.54µg (3.61%), Vitamin K: 3.03µg (2.89%), Vitamin C: 0.95mg (1.15%)