



Cheesecake with Praline Sauce

 Vegetarian

READY IN



380 min.

SERVINGS



12

CALORIES



569 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 2 tablespoons cornstarch
- ☐ 24 ounce cream cheese at room temperature
- ☐ 1 cup plus dark
- ☐ 5 eggs
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1 cup granulated sugar
- ☐ 4 tablespoons granulated sugar

- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup pecans chopped
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 1 tablespoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

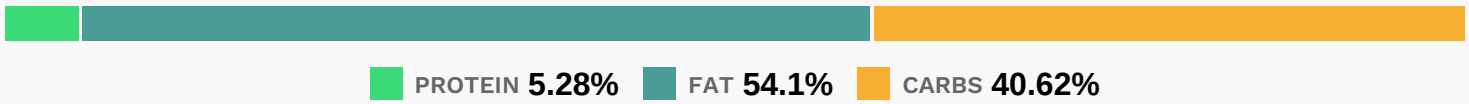
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ For the crust, stir together the graham cracker crumbs, sugar, and butter. Pat this mixture into the bottom and sides of a 9-inch spring form pan.
- ☐ Make the filling: In a large bowl, beat together the cream cheese and granulated sugar. Beat in the eggs, 1 at a time, and then beat in the vanilla.
- ☐ Pour the filling into the crust and bake for 1 hour.
- ☐ Remove the cake from the oven and cool for 10 minutes.
- ☐ Meanwhile, make the topping: In a bowl, mix the sour cream, sugar, and vanilla until well blended.
- ☐ Spread this mixture over the warm cake and return to the oven for 4 minutes.
- ☐ Let the cake cool to room temperature in the pan, then cover with plastic wrap and refrigerate for at least 4 hours or overnight. At serving time, use a table knife to loosen the cake from the pan.

- ☐
- Remove the sides of the pan and place the cake on a platter, leaving it on pan bottom. To make the praline sauce, in a small heavy saucepan stir together the brown sugar and cornstarch. Stir in the corn syrup and cook over medium heat, stirring constantly, until thick.
- ☐
- Remove the pan from the heat and stir in the nuts and vanilla. Cool slightly.
- ☐
- Serve the cheesecake, passing the sauce in a bowl with a small ladle. Store any leftovers in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:32.6, Glycemic Load:40.79, Inflammation Score:-6, Nutrition Score:7.6399999856949%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 569kcal (28.45%), Fat: 35.05g (53.92%), Saturated Fat: 17.81g (111.29%), Carbohydrates: 59.22g (19.74%), Net Carbohydrates: 58.41g (21.24%), Sugar: 50.57g (56.19%), Cholesterol: 152.6mg (50.87%), Sodium: 357.64mg (15.55%), Alcohol: 0.49g (100%), Alcohol %: 0.35% (100%), Protein: 7.7g (15.39%), Vitamin A: 1160.31IU (23.21%), Selenium: 12.8µg (18.28%), Vitamin B2: 0.3mg (17.83%), Phosphorus: 157.21mg (15.72%), Manganese: 0.25mg (12.67%), Calcium: 114.08mg (11.41%), Vitamin B5: 0.75mg (7.55%), Zinc: 1.04mg (6.97%), Vitamin E: 0.96mg (6.42%), Magnesium: 24.63mg (6.16%), Iron: 1.09mg (6.06%), Vitamin B12: 0.36µg (5.94%), Vitamin B1: 0.08mg (5.57%), Potassium: 192.13mg (5.49%), Folate: 21.44µg (5.36%), Copper: 0.11mg (5.27%), Vitamin B6: 0.1mg (4.93%), Fiber: 0.81g (3.22%), Vitamin B3: 0.56mg (2.79%), Vitamin D: 0.37µg (2.44%), Vitamin K: 2.17µg (2.06%)