



## Chocolate Caramel Pecan Cheesecake

READY IN



305 min.

SERVINGS



5

CALORIES



1297 kcal

DESSERT

### Ingredients

- 11 oz caramels kraft
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 5 oz evaporated milk canned
- 2 cups graham cracker crumbs
- 6 Tbsp butter melted
- 1 cup planters pecans chopped
- 4 oz baker's semi-sweet chocolate cooled melted
- 0.5 cup sugar

- 1 tsp vanilla
- 2 cups cool whip whipped topping thawed

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- blender
- microwave
- springform pan

## Directions

- Heat oven to 350F.
- Mix crumbs and margarine; press onto bottom and 1 inch up side of 9-inch springform pan.
- Bake 10 min.
- Microwave caramels and milk in small microwaveable bowl on HIGH 4 min. or until caramels are completely melted, stirring after 2 min.
- Pour over crust; sprinkle with nuts.
- Beat cream cheese and sugar in large bowl with mixer until blended.
- Add chocolate and vanilla; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended; pour over nuts.
- Place springform pan on baking sheet.
- Bake 45 min. or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate 4 hours.
- Serve topped with COOL WHIP.

## Nutrition Facts



■ PROTEIN 5.79% ■ FAT 56.95% ■ CARBS 37.26%

## Properties

Glycemic Index:49.22, Glycemic Load:64.72, Inflammation Score:-9, Nutrition Score:21.614782799845%

## Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg

## Nutrients (% of daily need)

Calories: 1297.21kcal (64.86%), Fat: 83.9g (129.08%), Saturated Fat: 34.66g (216.65%), Carbohydrates: 123.51g (41.17%), Net Carbohydrates: 118.65g (43.14%), Sugar: 91.16g (101.29%), Cholesterol: 171.65mg (57.22%), Sodium: 896.69mg (38.99%), Alcohol: 0.29g (100%), Alcohol %: 0.11% (100%), Caffeine: 19.5mg (6.5%), Protein: 19.2g (38.4%), Manganese: 1.22mg (60.89%), Phosphorus: 468.37mg (46.84%), Vitamin A: 2052.9IU (41.06%), Vitamin B2: 0.69mg (40.8%), Calcium: 339.01mg (33.9%), Copper: 0.58mg (29.02%), Magnesium: 114.09mg (28.52%), Selenium: 18.48µg (26.4%), Zinc: 3.36mg (22.37%), Vitamin B1: 0.33mg (21.85%), Iron: 3.91mg (21.73%), Fiber: 4.86g (19.43%), Potassium: 671.65mg (19.19%), Vitamin B5: 1.61mg (16.08%), Vitamin E: 2.38mg (15.86%), Vitamin B12: 0.71µg (11.77%), Vitamin B6: 0.22mg (11.02%), Folate: 42.08µg (10.52%), Vitamin B3: 1.97mg (9.86%), Vitamin K: 6.54µg (6.23%), Vitamin D: 0.38µg (2.54%), Vitamin C: 1.04mg (1.26%)