



Chocolate-Wrapped Banana Cheesecake

READY IN



45 min.

SERVINGS



12

CALORIES



635 kcal

DESSERT

Ingredients

- 3 medium size bananas ripe
- 12 servings caramelized bananas
- 1 tablespoon butter
- 16 ounce cream cheese softened
- 4 large eggs
- 12 servings peanut-graham crust
- 2 teaspoons juice of lemon
- 1 cup mascarpone cheese
- 1 cup milk chocolate morsels

- 1 cup sugar
- 1 tablespoon vanilla extract

Equipment

- bowl
- oven
- knife
- wire rack
- hand mixer
- microwave
- springform pan

Directions

- Mash bananas with a fork; stir in lemon juice until blended.
- Beat cream cheese and sugar at medium speed with an electric mixer until light and fluffy.
- Add mascarpone, beating until smooth.
- Add eggs, 1 at a time, beating well after each addition. Stir in banana and vanilla.
- Pour into Peanut-Graham Crust.
- Bake at 325 for 1 hour (center will be slightly soft).
- Remove from oven; run a knife around edge to loosen sides. Cool on a wire rack; cover and chill 8 hours.
- Microwave chocolate and butter in a 1-quart microwave-safe bowl at HIGH 60 seconds; stir until smooth.
- Let stand 30 minutes.
- Remove sides of springform pan.
- Spread three-fourths of melted chocolate around sides of cheesecake. Arrange Caramelized Bananas on top; drizzle with remaining chocolate.
- *1 (8-ounce) package cream cheese, 2 1/2 tablespoons sour cream, and 2 tablespoons whipping cream may be substituted for mascarpone cheese. Beat ingredients well at medium speed with an electric mixer. Use 1 cup mixture for cheesecake recipe, reserving remainder

for other uses.

Nutrition Facts

■ PROTEIN 5.22% ■ FAT 46.95% ■ CARBS 47.83%

Properties

Glycemic Index:17.22, Glycemic Load:29.4, Inflammation Score:-7, Nutrition Score:12.773913227994%

Flavonoids

Catechin: 9.49mg, Catechin: 9.49mg, Catechin: 9.49mg, Catechin: 9.49mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 634.97kcal (31.75%), Fat: 34.03g (52.35%), Saturated Fat: 17.51g (109.41%), Carbohydrates: 77.99g (26%), Net Carbohydrates: 73.54g (26.74%), Sugar: 49.62g (55.13%), Cholesterol: 118.93mg (39.64%), Sodium: 264.41mg (11.5%), Alcohol: 0.37g (100%), Alcohol %: 0.17% (100%), Protein: 8.52g (17.03%), Manganese: 0.7mg (35.11%), Vitamin B6: 0.64mg (31.85%), Vitamin A: 1001.66IU (20.03%), Potassium: 699.46mg (19.98%), Vitamin B2: 0.33mg (19.18%), Fiber: 4.44g (17.78%), Vitamin C: 13.85mg (16.79%), Selenium: 10.57µg (15.1%), Folate: 56.16µg (14.04%), Phosphorus: 132.63mg (13.26%), Magnesium: 52.43mg (13.11%), Vitamin B5: 1.03mg (10.3%), Calcium: 97.51mg (9.75%), Copper: 0.19mg (9.45%), Vitamin B3: 1.76mg (8.81%), Vitamin E: 1.08mg (7.21%), Iron: 1.29mg (7.19%), Vitamin B1: 0.1mg (6.84%), Zinc: 0.9mg (6.02%), Vitamin K: 6.2µg (5.9%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.33µg (2.22%)