



Creamy Vanilla-Caramel Cheesecake

 Vegetarian

READY IN



305 min.

SERVINGS



16

CALORIES



150 kcal

DESSERT

Ingredients

- 0.3 cup mrs richardson's butterscotch caramel sauce fat-free
- 3 egg whites fat-free
- 2 tablespoons flour all-purpose
- 16 ounces cream cheese softened reduced-fat (Neufchâtel)
- 2 cups vanilla yogurt low-fat
- 1 halves pecans
- 0.7 cup sugar
- 2 teaspoons vanilla

0.5 cup vanilla wafers crushed reduced-fat

Equipment

bowl

frying pan

oven

hand mixer

springform pan

Directions

Heat oven to 300F. Spray springform pan, 9x3 inches, with cooking spray.

Sprinkle cookie crumbs over bottom of pan.

Beat cream cheese in medium bowl with electric mixer on medium speed until smooth.

Add sugar, egg whites and vanilla. Beat on medium speed about 2 minutes or until smooth.

Add yogurt and flour. Beat on low speed until smooth.

Carefully spread batter over cookie crumbs in pan.

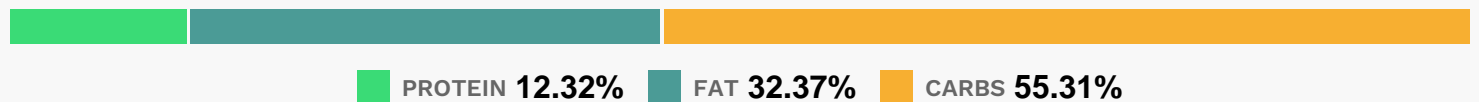
Bake 1 hour. Turn off oven; cool in oven 30 minutes with door closed.

Remove from oven; cool 15 minutes. Cover and refrigerate at least 3 hours.

Drizzle caramel topping over cheesecake.

Garnish with pecan halves. Store covered in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:8.23, Inflammation Score:-1, Nutrition Score:3.1269565004369%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg

Nutrients (% of daily need)

Calories: 149.53kcal (7.48%), Fat: 5.43g (8.35%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 20.78g (7.56%), Sugar: 18.07g (20.08%), Cholesterol: 16.87mg (5.62%), Sodium: 161.35mg (7.02%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 4.65g (9.3%), Calcium: 97.37mg (9.74%), Vitamin B2: 0.15mg (9.02%), Phosphorus: 89.84mg (8.98%), Vitamin B12: 0.44µg (7.28%), Selenium: 4.19µg (5.99%), Potassium: 154.52mg (4.41%), Vitamin B5: 0.43mg (4.32%), Vitamin A: 173.94IU (3.48%), Folate: 13.83µg (3.46%), Vitamin B1: 0.05mg (3.12%), Zinc: 0.43mg (2.86%), Magnesium: 8.39mg (2.1%), Vitamin B6: 0.03mg (1.38%), Vitamin B3: 0.22mg (1.11%)