



Easy Caramel Pecan Cheesecake

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



409 kcal

DESSERT

Ingredients

- 1.5 cups caramel ice cream topping divided
- 22.2 oz jell-o no bake real cheesecake dessert
- 10 Tbsp butter melted
- 3 cups milk cold
- 2 cups planters pecans divided toasted chopped
- 0.3 cup sugar
- 2 Tbsp water

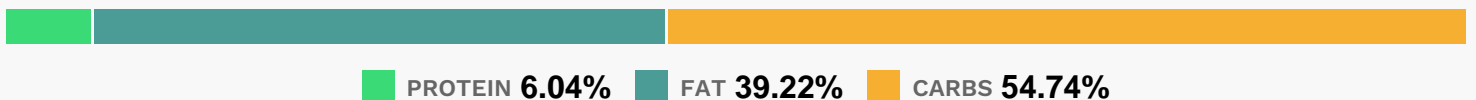
Equipment

- bowl
- frying pan
- knife
- hand mixer
- spatula
- springform pan
- measuring cup

Directions

- Mix Crust
- Mixes, sugar, margarine and water in large bowl until well blended. Firmly press half of the crumb mixture 1-1/2 inches up side of 9-inch springform pan. Press remaining crumb mixture firmly onto bottom of pan, using bottom of a dry measuring cup.
- Sprinkle 1 cup of the pecans onto bottom of crust.
- Drizzle with 3/4 cup of the caramel topping.
- Pour milk into large bowl.
- Add Filling
- Mixes. Beat with electric mixer on low speed just until blended. Beat on medium speed 3 minutes. (Filling will be thick.) Spoon into crust.
- Refrigerate at least 1 hour or until firm. Run knife or metal spatula around rim of pan to loosen cake; remove rim of pan.
- Sprinkle with remaining 1 cup pecans and drizzle with remaining 3/4 cup caramel topping just before serving. Store leftover cheesecake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.87, Glycemic Load:3.25, Inflammation Score:-4, Nutrition Score:6.0456522353317%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg

Nutrients (% of daily need)

Calories: 409.11kcal (20.46%), Fat: 18.59g (28.6%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 58.37g (19.46%), Net Carbohydrates: 57.1g (20.77%), Sugar: 55.18g (61.31%), Cholesterol: 5.86mg (1.95%), Sodium: 379.28mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Manganese: 0.61mg (30.6%), Phosphorus: 155.97mg (15.6%), Copper: 0.21mg (10.45%), Vitamin A: 440.64IU (8.81%), Calcium: 84.49mg (8.45%), Vitamin B1: 0.12mg (7.78%), Selenium: 4.55µg (6.51%), Vitamin B2: 0.11mg (6.22%), Magnesium: 24.1mg (6.02%), Zinc: 0.8mg (5.35%), Vitamin B12: 0.31µg (5.23%), Fiber: 1.27g (5.07%), Potassium: 149.16mg (4.26%), Vitamin D: 0.54µg (3.58%), Vitamin B5: 0.35mg (3.45%), Vitamin E: 0.51mg (3.4%), Vitamin B6: 0.06mg (2.94%), Iron: 0.39mg (2.17%), Folate: 4.71µg (1.18%), Vitamin B3: 0.21mg (1.06%)