



Harvest Apple Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



620 kcal

DESSERT

Ingredients

- ☐ 3 apples cored peeled sliced into 12 rings
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter divided melted
- ☐ 1 tablespoon cinnamon
- ☐ 8 servings garnish: cinnamon
- ☐ 8 oz cream cheese softened
- ☐ 4 eggs beaten
- ☐ 2 cups graham cracker crumbs

- ☐ 8 oz ricotta cheese
- ☐ 0.8 cup sugar
- ☐ 2 teaspoon vanilla extract
- ☐ 8 oz whipping cream

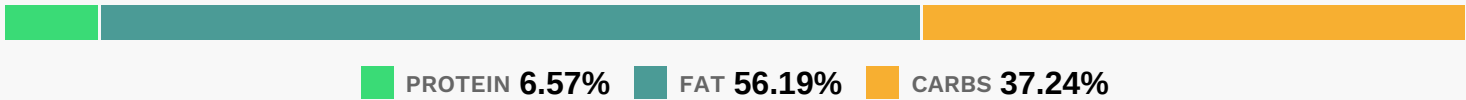
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ springform pan

Directions

- ☐ Combine cracker crumbs, brown sugar, 1/4 cup butter and cinnamon. Press onto bottom and partway up sides of an ungreased 9" springform pan. In a skillet, saut apple slices on both sides in remaining butter. Arrange 6 apple slices on prepared crust. In a bowl, beat eggs, sugar, ricotta cheese, cream cheese and vanilla until smooth.
- ☐ Add whipping cream and blend well.
- ☐ Pour cheese mixture into pan. Arrange remaining apple slices on top and press apples slightly under the mixture.
- ☐ Sprinkle top with cinnamon.
- ☐ Bake at 450 degrees for 10 minutes, then reduce heat to 300 degrees and bake for 50 to 55 minutes. Cool and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:36.26, Glycemic Load:27.59, Inflammation Score:-7, Nutrition Score:10.970869644828%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg, Epicatechin: 5.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 619.97kcal (31%), Fat: 39.58g (60.89%), Saturated Fat: 22.94g (143.35%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 55.09g (20.03%), Sugar: 41.78g (46.43%), Cholesterol: 187.47mg (62.49%), Sodium: 385.17mg (16.75%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 10.41g (20.82%), Vitamin A: 1442.68IU (28.85%), Manganese: 0.57mg (28.4%), Selenium: 14.61µg (20.87%), Vitamin B2: 0.35mg (20.77%), Phosphorus: 190.81mg (19.08%), Calcium: 179.27mg (17.93%), Fiber: 3.94g (15.78%), Iron: 1.83mg (10.16%), Zinc: 1.33mg (8.87%), Vitamin E: 1.29mg (8.59%), Potassium: 265.06mg (7.57%), Folate: 29.83µg (7.46%), Magnesium: 29.13mg (7.28%), Vitamin B5: 0.71mg (7.12%), Vitamin B12: 0.42µg (7.07%), Vitamin B6: 0.13mg (6.68%), Vitamin D: 0.95µg (6.34%), Vitamin B1: 0.09mg (5.71%), Vitamin K: 5.31µg (5.06%), Vitamin B3: 1.01mg (5.03%), Vitamin C: 3.42mg (4.15%), Copper: 0.07mg (3.56%)