



Individual Maple and Mascarpone Cheesecakes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



628 kcal

DESSERT

Ingredients

- 12 ounces cream cheese room temperature
- 12 servings little demerara sugar raw
- 4 large eggs
- 2 cups maple syrup pure
- 1.5 pounds mascarpone cheese
- 0.7 cup sugar raw ()
- 0.3 cup sugar

- 1.5 teaspoons vanilla extract
- 0.5 cup whipping cream

Equipment

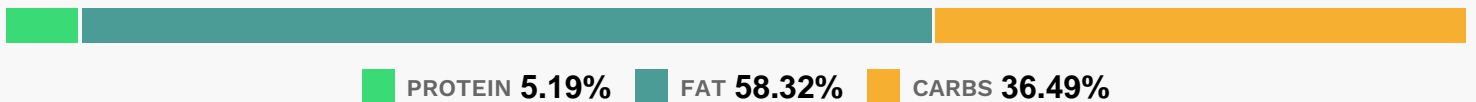
- bowl
- sauce pan
- oven
- knife
- plastic wrap
- hand mixer
- roasting pan

Directions

- Butter twelve 3/4-cup custard cups.
- Sprinkle raw sugar in each buttered cup, turning to coat bottom and sides and tapping out excess raw sugar. Arrange prepared custard cups in large roasting pan.
- Bring maple syrup to boil in heavy large deep saucepan over medium-high heat. Reduce heat to medium and boil gently until maple syrup is reduced to 1 cup, stirring occasionally, about 30 minutes (syrup will bubble vigorously).
- Remove saucepan from heat and stir in whipping cream (mixture will bubble up high). Return saucepan to medium heat and simmer until any crystallized bits dissolve and mixture is reduced to 1 cup, stirring constantly, about 5 minutes. Cool completely.
- Preheat oven to 325°F. Using electric mixer, beat cream cheese and sugar in large bowl until smooth. Beat in eggs 1 at a time, then beat in vanilla extract.
- Add mascarpone cheese and beat just until blended and smooth.
- Add cooled maple syrup mixture to cheese mixture and beat until well blended.
- Pour batter into prepared custard cups, dividing equally.
- Add enough hot water to roasting pan to come halfway up sides of custard cups.
- Bake until cheesecakes are light golden on top and centers move slightly when custard cups are gently shaken, about 1 hour. Cool in water bath 15 minutes.

- Remove custard cups from water bath. Refrigerate uncovered overnight. (Cheesecakes can be prepared 2 days ahead. Cover with plastic wrap and keep refrigerated.)
- Run small sharp knife around sides of cheesecakes to loosen.
- Place dessert plate atop 1 cheesecake. Invert cheesecake onto plate; shake gently to release. Repeat with remaining cheesecakes.
- Garnish each with fresh berries and fresh mint sprigs, if desired.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:17.5, Inflammation Score:-6, Nutrition Score:9.5569565169837%

Nutrients (% of daily need)

Calories: 627.97kcal (31.4%), Fat: 40.45g (62.23%), Saturated Fat: 24.4g (152.53%), Carbohydrates: 56.94g (18.98%), Net Carbohydrates: 56.94g (20.71%), Sugar: 51.19g (56.88%), Cholesterol: 158.54mg (52.85%), Sodium: 151.84mg (6.6%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 8.09g (16.19%), Manganese: 1.25mg (62.46%), Vitamin B2: 0.84mg (49.59%), Vitamin A: 1410.3IU (28.21%), Calcium: 182.82mg (18.28%), Selenium: 7.89µg (11.27%), Phosphorus: 69.24mg (6.92%), Potassium: 194.96mg (5.57%), Zinc: 0.76mg (5.07%), Vitamin B5: 0.44mg (4.43%), Magnesium: 16.82mg (4.2%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.51mg (3.4%), Vitamin B1: 0.05mg (3.38%), Vitamin D: 0.49µg (3.28%), Folate: 10.78µg (2.7%), Iron: 0.44mg (2.44%), Vitamin B6: 0.05mg (2.39%)