



Maple Cheesecake with Roasted Pears

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



416 kcal

DESSERT

Ingredients

- 16 ounces cream cheese room temperature
- 0.8 cup maple syrup pure
- 1 cup cup heavy whipping cream cold
- 2 tablespoons powdered sugar
- 1 9-inch vanilla wafers with vanilla wafers
- 1 stick pam original flavor shopping list
- 2 medium pears such as bosc or bartlett, sliced lengthwise $\frac{1}{4}$ inch thick

Equipment

- bowl
- baking sheet
- oven
- hand mixer
- broiler
- spatula

Directions

- In a large bowl, using an electric mixer, beat cream cheese on high until fluffy, about 3 minutes.
- Add 1/2 cup maple syrup; beat until smooth. In a medium bowl, beat cream and sugar on high until soft peaks form, about 3 minutes. With a rubber spatula, stir about one-third the whipped cream into cream cheese mixture, then fold in remainder.
- Transfer to crust and refrigerate until firm, 3 hours (or up to 1 day).
- Preheat oven to 450 degrees. Coat a parchment-lined rimmed baking sheet with cooking spray. Arrange pear slices in a single layer on sheet and brush with 2 tablespoons maple syrup. Roast until pears are soft, 20 minutes.
- Remove from oven and heat broiler.
- Brush pears with 2 tablespoons maple syrup and broil until browned in spots, about 4 minutes, rotating sheet frequently.
- Let cool. To serve, arrange pear slices, overlapping slightly, on cheesecake.

Nutrition Facts



PROTEIN 4.24% **FAT 64.49%** **CARBS 31.27%**

Properties

Glycemic Index:22.16, Glycemic Load:10.32, Inflammation Score:-6, Nutrition Score:7.7060869776684%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg

Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 415.82kcal (20.79%), Fat: 30.43g (46.81%), Saturated Fat: 18.33g (114.54%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 31.81g (11.57%), Sugar: 27.42g (30.47%), Cholesterol: 90.88mg (30.29%), Sodium: 189.85mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Manganese: 0.72mg (36.11%), Vitamin B2: 0.58mg (34.23%), Vitamin A: 1209.92IU (24.2%), Calcium: 111.56mg (11.16%), Phosphorus: 83.32mg (8.33%), Selenium: 5.83µg (8.32%), Potassium: 222.79mg (6.37%), Fiber: 1.38g (5.53%), Vitamin E: 0.81mg (5.43%), Vitamin B5: 0.42mg (4.21%), Magnesium: 16.64mg (4.16%), Zinc: 0.61mg (4.07%), Vitamin K: 4.1µg (3.91%), Vitamin D: 0.48µg (3.17%), Vitamin B1: 0.04mg (2.99%), Vitamin B12: 0.17µg (2.87%), Vitamin B6: 0.06mg (2.75%), Vitamin C: 2.09mg (2.54%), Copper: 0.05mg (2.51%), Folate: 9.52µg (2.38%), Iron: 0.21mg (1.15%)