



Mascarpone Cheesecake with Roasted Cashew Crust and Passion Fruit Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 16 servings passion fruit rum
- ☐ 16 ounce cream cheese room temperature
- ☐ 1 large egg yolk
- ☐ 4 large eggs
- ☐ 0.3 cup brown sugar packed ()

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground ginger
- ☐ 16 ounce mascarpone cheese
- ☐ 1 pinch salt
- ☐ 0.5 cup roasted cashews salted
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 1 vanilla pod split

Equipment

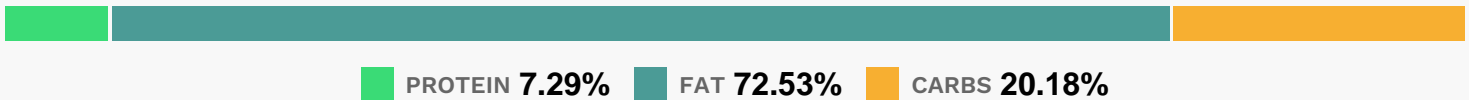
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Preheat oven to 325°F. Wrap outside of 9-inch-diameter springform pan with 2 3/4-inch-high sides with 2 layers of heavy-duty foil. Finely grind cashews and brown sugar in processor.
- ☐ Add flour, salt, and spices; blend 5 seconds.
- ☐ Add butter and blend until mixture resembles coarse meal.
- ☐ Add egg yolk; using on/off turns, blend until moist clumps form. Press dough over bottom and 1/2 inch up sides of prepared pan. Pierce crust all over with fork.
- ☐ Bake until golden brown, about 30 minutes. Cool crust. Maintain oven temperature.
- ☐ Combine first 3 ingredients in large bowl. Scrape in seeds from vanilla bean. Using electric mixer, beat cheese mixture until smooth and fluffy.

- ☐ Add mascarpone cheese and sour cream; beat at low speed just until blended, scraping down sides of bowl occasionally.
- ☐ Add eggs 2 at a time, beating just until blended after each addition.
- ☐ Transfer filling to prepared crust.
- ☐ Place springform pan in large roasting pan. Fill roasting pan with enough hot water to come halfway up sides of springform pan.
- ☐ Place roasting pan with cheesecake in oven; cover roasting pan with foil.
- ☐ Bake cheesecake 30 minutes. Lift edge of foil to allow steam to escape; cover again.
- ☐ Bake cake 30 minutes. Lift foil again; cover again.
- ☐ Bake until cake is loosely set but filling jiggles all over when pan is shaken gently, lifting foil every 10 minutes, about 30 minutes longer.
- ☐ Remove cheesecake from water.
- ☐ Place on rack; cool 1 hour. Refrigerate uncovered until cold, at least 6 hours. (Can be made 1 day ahead. Cover; keep refrigerated.)
- ☐ Cut around pan sides to release cheesecake.
- ☐ Cut into wedges.
- ☐ Drizzle each wedge with warm caramel sauce. Spoon some fruit alongside and serve.
- ☐ *Italian cream cheese, available at Italian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:9.14, Inflammation Score:-6, Nutrition Score:5.8021739073422%

Nutrients (% of daily need)

Calories: 391.9kcal (19.59%), Fat: 31.77g (48.87%), Saturated Fat: 17.99g (112.41%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 19.44g (7.07%), Sugar: 11.29g (12.54%), Cholesterol: 130.49mg (43.5%), Sodium: 156.96mg (6.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Vitamin A: 1049.2IU (20.98%), Selenium: 10.43µg (14.9%), Vitamin B2: 0.19mg (11.26%), Phosphorus: 96.22mg (9.62%), Calcium: 90.39mg (9.04%), Folate: 27.99µg (7%), Copper: 0.13mg (6.32%), Vitamin B1: 0.09mg (5.67%), Manganese: 0.11mg (5.36%), Iron: 0.95mg (5.29%), Vitamin B5: 0.51mg (5.06%), Magnesium: 18.42mg (4.61%), Zinc: 0.65mg (4.36%), Vitamin E: 0.6mg

(3.97%), Vitamin B12: 0.22µg (3.64%), Potassium: 107.07mg (3.06%), Vitamin B6: 0.06mg (3.04%), Vitamin B3: 0.59mg (2.93%), Vitamin D: 0.39µg (2.57%), Vitamin K: 2.64µg (2.51%), Fiber: 0.45g (1.82%)