



Mascarpone Cheesecake with Roasted Cashew Crust and Passion Fruit Caramel Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 16 servings passion fruit caramel sauce
- ☐ 16 ounce cream cheese room temperature
- ☐ 1 large egg yolk
- ☐ 4 large eggs
- ☐ 16 servings tropical fruits sliced (such as papaya, mango, and pineapple)

- ☐ 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 cup heavy whipping cream sour
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 1 vanilla pod split

Equipment

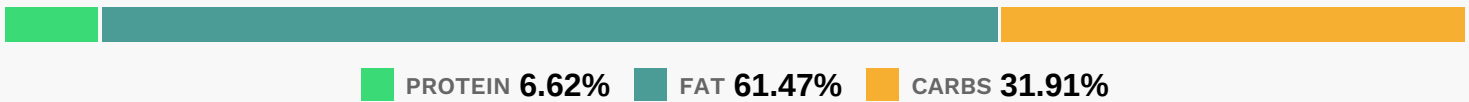
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

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:-7, Nutrition Score:7.7734782177469%

Nutrients (% of daily need)

Calories: 459.44kcal (22.97%), Fat: 31.89g (49.06%), Saturated Fat: 18g (112.48%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 34.9g (12.69%), Sugar: 24.62g (27.35%), Cholesterol: 130.49mg (43.5%), Sodium: 162.89mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin A: 1407.07IU (28.14%), Selenium: 10.43µg (14.9%), Vitamin B2: 0.22mg (12.94%), Phosphorus: 110.44mg (11.04%), Copper: 0.22mg (10.76%),

Calcium: 96.31mg (9.63%), Fiber: 2.35g (9.4%), Vitamin K: 8.09µg (7.7%), Folate: 30.36µg (7.59%), Iron: 1.32mg (7.33%), Manganese: 0.14mg (6.96%), Vitamin B1: 0.1mg (6.61%), Magnesium: 24.35mg (6.09%), Potassium: 212.54mg (6.07%), Vitamin B5: 0.55mg (5.54%), Vitamin B3: 1.05mg (5.25%), Zinc: 0.76mg (5.07%), Vitamin B6: 0.08mg (3.99%), Vitamin E: 0.6mg (3.97%), Vitamin B12: 0.22µg (3.64%), Vitamin C: 2.97mg (3.6%), Vitamin D: 0.39µg (2.57%)