



No-Bake Cheesecake with Pecan Caramel

READY IN



216 min.

SERVINGS



16

CALORIES



243 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.7 cup brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons butter melted
- ☐ 12 ounces weight cream cheese fat-free softened
- ☐ 0.3 cup crème fraîche
- ☐ 1 cup skim milk fat-free
- ☐ 2.3 teaspoons gelatin powder unflavored
- ☐ 16 large graham crackers low-fat (4 large cracker sheets)

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons water cold
- ☐ 1 tablespoon whipping cream

Equipment

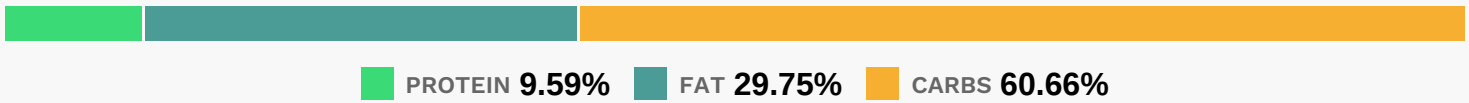
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ springform pan

Directions

- ☐ To prepare crust, place crackers in a food processor; process until finely ground. With motor running, add 1/4 cup granulated sugar and 2 tablespoons melted butter to cracker crumbs through food chute; process until blended.
- ☐ Place crumb mixture in a 9-inch springform pan coated with cooking spray; press evenly into bottom of pan. Freeze 20 minutes or until firm.
- ☐ To prepare cheesecake, combine cheeses, 1/2 cup granulated sugar, and crme frache in a large bowl; beat with a mixer at medium speed until smooth. Beat in vanilla and 1/4 teaspoon salt.
- ☐ Combine 3 tablespoons cold water and gelatin; let stand 2 minutes or until gelatin dissolves.
- ☐ Heat milk in a small saucepan to 180 (do not boil). Stir gelatin mixture into hot milk, stirring well. Beat gelatin mixture into cheese mixture.

- ☐ Pour cheese mixture into prepared crust; chill 2 hours or until set.
- ☐ To prepare the caramel, melt 2 tablespoons butter in a small saucepan over medium-high heat.
- ☐ Add brown sugar and next 3 ingredients (through 1/4 teaspoon salt); stir with a whisk just until sugar melts. Bring mixture to a boil; reduce heat to medium, and cook 5 minutes (do not stir).
- ☐ Remove pan from heat. Stir in bourbon and toasted pecans. Cool slightly.
- ☐ Slice cheesecake into 16 wedges.
- ☐ Place 1 wedge on each of 16 plates; drizzle 1 tablespoon caramel over each serving.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:16, Inflammation Score:-2, Nutrition Score:5.1013043678325%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 242.52kcal (12.13%), Fat: 7.98g (12.28%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 35.82g (13.03%), Sugar: 27.78g (30.86%), Cholesterol: 13.72mg (4.57%), Sodium: 312.58mg (13.59%), Alcohol: 0.8g (100%), Alcohol %: 1.09% (100%), Protein: 5.79g (11.58%), Phosphorus: 170.11mg (17.01%), Manganese: 0.32mg (16.02%), Calcium: 128.86mg (12.89%), Vitamin B2: 0.21mg (12.48%), Zinc: 0.88mg (5.89%), Magnesium: 21.84mg (5.46%), Vitamin B1: 0.08mg (5.15%), Vitamin B12: 0.31µg (5.1%), Potassium: 158mg (4.51%), Iron: 0.79mg (4.41%), Folate: 15.56µg (3.89%), Copper: 0.07mg (3.61%), Vitamin A: 168.05IU (3.36%), Vitamin B3: 0.66mg (3.3%), Fiber: 0.8g (3.21%), Selenium: 2.06µg (2.95%), Vitamin B5: 0.29mg (2.94%), Vitamin B6: 0.05mg (2.33%), Vitamin D: 0.18µg (1.22%), Vitamin E: 0.16mg (1.04%)