



Peanut Butter Cheesecake with Caramelized Banana Topping

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



666 kcal

DESSERT

Ingredients

- ☐ 7 banana firm ripe
- ☐ 0.5 cup butter unsalted diced room temperature (1 stick)
- ☐ 24 ounce cream cheese room temperature
- ☐ 1 cup creamy peanut butter with only peanuts and salt) (smooth)
- ☐ 4 large eggs
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup brown sugar packed ()

- ☐ 18 graham crackers whole
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla extract

Equipment

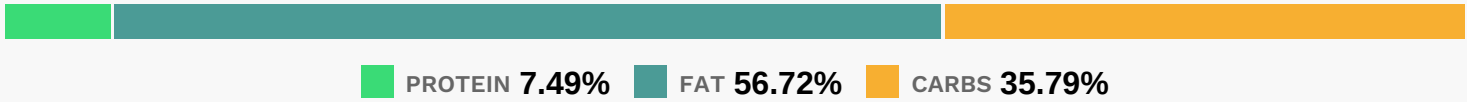
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Combine broken graham crackers, diced butter, and sugar in processor. Blend until crumbs stick together. Press crumb mixture onto bottom and 2 1/2 inches up sides of 9-inch-diameter springform pan.
- ☐ Bake crust until golden, about 12 minutes. Cool crust on rack. Maintain oven temperature.
- ☐ Beat cream cheese and peanut butter in large bowl until blended and creamy, about 3 minutes.
- ☐ Add both sugars and beat until fluffy, about 3 minutes. Beat in vanilla, then eggs 1 at a time, then sour cream. Scrape cheesecake batter into crust.
- ☐ Stack 3 large pieces of foil on work surface and place springform pan in center. Fold foil snugly up sides of pan.
- ☐ Place springform pan in roasting pan.
- ☐ Add enough water to roasting pan to come 1 inch up sides of springform pan.
- ☐ Bake cheesecake in water bath until sides are puffed and center is set and edges are beginning to brown, about 1 hour 25 minutes.
- ☐ Place hot cheesecake directly in refrigerator; chill uncovered until cold, at least 6 hours and up to 1 day.

- ☐
- Whisk diced butter and sugar in heavy large skillet over medium low heat until butter melts, sugar dissolves, and smooth caramel sauce bubbles thickly, about 4 minutes. Slice bananas into 1/2-inch-thick, 2-inch-long diagonal slices, discarding ends. Working in batches if necessary, add banana slices to skillet in single layer and cook over medium heat until heated through and coated, turning once, 1 to 2 minutes per batch. Using forks, carefully transfer banana slices to top of cheesecake, arranging in concentric overlapping circles.
- ☐
- Let cheesecake stand at room temperature up to 1 hour before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:29.03, Inflammation Score:-7, Nutrition Score:13.632173911385%

Flavonoids

Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 665.8kcal (33.29%), Fat: 43.35g (66.7%), Saturated Fat: 20.06g (125.34%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 58.01g (21.1%), Sugar: 39.33g (43.7%), Cholesterol: 143.37mg (47.79%), Sodium: 438.77mg (19.08%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 12.89g (25.78%), Manganese: 0.52mg (26.03%), Vitamin A: 1171.69IU (23.43%), Phosphorus: 231.64mg (23.16%), Vitamin B6: 0.44mg (21.8%), Vitamin B2: 0.37mg (21.48%), Vitamin B3: 4.2mg (20.99%), Vitamin E: 2.93mg (19.56%), Magnesium: 76.13mg (19.03%), Selenium: 12.08µg (17.26%), Potassium: 526.13mg (15.03%), Fiber: 3.54g (14.14%), Folate: 55.61µg (13.9%), Calcium: 111.41mg (11.14%), Vitamin B5: 1.08mg (10.81%), Zinc: 1.59mg (10.6%), Iron: 1.85mg (10.28%), Copper: 0.18mg (9.04%), Vitamin B1: 0.12mg (8.03%), Vitamin C: 6.05mg (7.33%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.48µg (3.17%), Vitamin K: 2.41µg (2.29%)