



Pecan and Salted Caramel Cheesecake

 Vegetarian

READY IN



70 min.

SERVINGS



12

CALORIES



519 kcal

DESSERT

Ingredients

- 2 pounds cream cheese (4 [8-ounce] packages)
- 1 large egg yolk
- 3 large eggs
- 1.3 cups graham cracker crumbs
- 1 cup granulated sugar
- 0.5 cup cup heavy whipping cream
- 1 cup pecans coarsely chopped
- 1 large pinch sea salt

- 4 tablespoons butter unsalted ()
- 1 teaspoon vanilla extract
- 1 tablespoon water

Equipment

- frying pan
- sauce pan
- oven
- toothpicks
- stand mixer
- springform pan

Directions

- Heat the oven to 325°F and arrange a rack in the middle. Butter the bottom and sides of a 9-inch springform pan; set aside.
- Combine the cream cheese and sugar in a stand mixer fitted with a paddle attachment and mix on medium speed until light, airy, and smooth.
- Add the yolk and then the eggs one at a time, mixing completely after each addition.
- Add the vanilla extract and mix until blended.
- Pour the mixture into the prepared pan and bake until a toothpick or cake tester inserted into the cake comes out clean and the center of the cheesecake is just set, about 40 minutes. Turn off the oven, leave the door slightly ajar, and let the cheesecake cool completely. For the caramel: Stir together the sugar and water in a small saucepan.
- Place over medium-high heat and bring to a boil.
- Let boil until the mixture turns amber in color, about 3 minutes. Immediately add the butter and stir to incorporate.
- Pour the caramel over the cooled cheesecake, then scatter the pecan pieces and sea salt over the top. Beverage pairing: Blandy's 5 Year Old Bual Madeira, Portugal. Bual is a fairly full-bodied style of Madeira, dark and deeply flavored of nuts, chocolate, and molasses, which pairs well with this dessert. The wine's surprising acidity, though, will make for a nice counter to the cheesecake's richness.

Serve slightly chilled.

Nutrition Facts

PROTEIN 6.19% **FAT 71.85%** **CARBS 21.96%**

Properties

Glycemic Index:15.09, Glycemic Load:17.51, Inflammation Score:-7, Nutrition Score:8.3926087021828%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 519.2kcal (25.96%), Fat: 42.4g (65.24%), Saturated Fat: 21.17g (132.33%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 28g (10.18%), Sugar: 22.24g (24.71%), Cholesterol: 159.39mg (53.13%), Sodium: 320.15mg (13.92%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 8.22g (16.43%), Vitamin A: 1370.7IU (27.41%), Manganese: 0.42mg (21.15%), Vitamin B2: 0.29mg (17.35%), Selenium: 11.92µg (17.03%), Phosphorus: 160.89mg (16.09%), Calcium: 103.34mg (10.33%), Zinc: 1.18mg (7.89%), Vitamin B5: 0.77mg (7.74%), Vitamin E: 1.14mg (7.63%), Vitamin B1: 0.11mg (7.14%), Copper: 0.14mg (6.94%), Magnesium: 25.37mg (6.34%), Vitamin B12: 0.33µg (5.48%), Folate: 21.31µg (5.33%), Iron: 0.95mg (5.29%), Potassium: 182.68mg (5.22%), Vitamin B6: 0.1mg (5%), Fiber: 1.17g (4.68%), Vitamin D: 0.56µg (3.7%), Vitamin B3: 0.53mg (2.63%), Vitamin K: 2.6µg (2.47%)