

Pecan Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



544 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 0.3 cup powdered sugar
- 24 ounce cream cheese softened
- 3 eggs room temperature
- 0.5 cup graham cracker crumbs
- 0.5 teaspoon ground cinnamon
- 0.8 cup pecans
- 1 cup pecans

- 1 teaspoon pecans
- 1 cup cream sour
- 0.5 teaspoon vanilla extract
- 1.5 tablespoons granulated sugar white

Equipment

- bowl
- oven
- hand mixer
- springform pan

Directions

- Combine 2 cups graham cracker crumbs, 1/2 cup white sugar, 1 teaspoon cinnamon, and melted butter or margarine. Press firmly into the bottom of a 10 inch springform pan.
- In a large bowl, blend the cream cheese and 1 1/4 cup white sugar with an electric mixer at medium speed until well blended.
- Add the eggs, one at a time, blending well.
- Add vanilla extract.
- Add 1/2 cup liqueur, and blend for 5 minutes.
- Pour the filling on top of the crust
- Preheat the oven to 350 degrees F (175 degrees C).
- Bake for approximately 1 hour. The cake should be golden brown, and will have risen to the top of the pan. Turn off the heat, and let cool in the oven for 2 1/2 hours. When cool, remove the rim of the springform pan.
- In a small bowl, mix the sour cream, confectioners' sugar, and 1 teaspoon liqueur together. Spoon onto the top of the cooled cheesecake.
- In a small bowl, combine the finely ground pecans, finely ground graham cracker crumbs, 1 1/2 tablespoons white sugar, and cinnamon.
- Sprinkle the pecan topping on the cheesecake. Carefully press the pecan topping into the sides of the cheesecake.

Garnish the top and sides with pecan halves.

Nutrition Facts

PROTEIN 6.03% **FAT 82.9%** **CARBS 11.07%**

Properties

Glycemic Index:25.61, Glycemic Load:4.61, Inflammation Score:-7, Nutrition Score:10.167826237886%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg

Nutrients (% of daily need)

Calories: 543.64kcal (27.18%), Fat: 51.52g (79.26%), Saturated Fat: 23.48g (146.72%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 13.58g (4.94%), Sugar: 9.83g (10.92%), Cholesterol: 155.8mg (51.93%), Sodium: 340.28mg (14.79%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 8.43g (16.86%), Manganese: 0.83mg (41.47%), Vitamin A: 1422.19IU (28.44%), Phosphorus: 176.8mg (17.68%), Vitamin B2: 0.29mg (17.27%), Selenium: 11.57µg (16.53%), Copper: 0.24mg (12.03%), Calcium: 116.14mg (11.61%), Vitamin B1: 0.15mg (10.18%), Zinc: 1.48mg (9.89%), Vitamin E: 1.32mg (8.83%), Magnesium: 34.24mg (8.56%), Vitamin B5: 0.83mg (8.33%), Fiber: 1.9g (7.59%), Potassium: 220.43mg (6.3%), Vitamin B6: 0.11mg (5.6%), Vitamin B12: 0.33µg (5.58%), Iron: 0.96mg (5.32%), Folate: 19.89µg (4.97%), Vitamin K: 3.26µg (3.1%), Vitamin B3: 0.47mg (2.33%), Vitamin D: 0.26µg (1.76%)