



Pecan Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



271 kcal

DESSERT

Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 0.5 teaspoon butter flavoring
- ☐ 12 ounce carton cottage cheese 1% low-fat
- ☐ 24 ounce process cream cheese product light softened
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 8 ounce carton nonfat cream alternative sour

- ☐ 3 tablespoons pecans divided toasted finely chopped
- ☐ 0.5 cup sugar
- ☐ 0.5 cup sugar divided
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vanilla wafer crumbs

Equipment

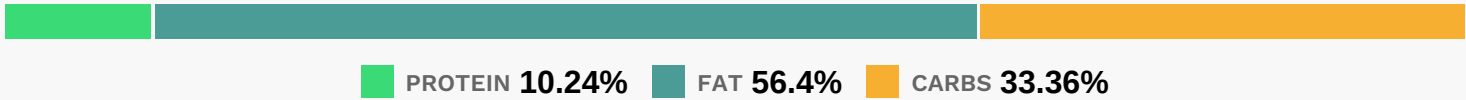
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Coat bottom of a 9-inch springform pan with cooking spray; sprinkle with vanilla wafer crumbs.
- ☐ Place cottage cheese in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Add cream cheese and next 5 ingredients; cover and process until smooth.
- ☐ Transfer mixture to a large bowl.
- ☐ Beat egg whites and cream of tartar at high speed of an electric mixer until foamy. Gradually add 1/4 cup sugar, 1 tablespoon at time, beating until stiff peaks form and sugar dissolves (2 to 4 minutes). Fold beaten egg white mixture and 2 tablespoons pecans into cream cheese mixture. Spoon into prepared pan.
- ☐ Bake at 325 for 50 minutes or until almost set.
- ☐ Remove from oven; increase temperature to 37
- ☐ Combine sour cream and remaining 1/4 cup plus 2 tablespoons sugar, stirring until smooth.
- ☐ Spread mixture on top of cheesecake.

- ☐ Bake an additional 5 minutes.
- ☐ Remove from oven, and let cool on a wire rack. Cover and chill thoroughly.
- ☐ Sprinkle with remaining 1 tablespoon pecans.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:10.63, Inflammation Score:-4, Nutrition Score:4.3186956526631%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 271.08kcal (13.55%), Fat: 17.29g (26.6%), Saturated Fat: 9.23g (57.66%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 22.8g (8.29%), Sugar: 18.92g (21.02%), Cholesterol: 65.89mg (21.96%), Sodium: 265.21mg (11.53%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 7.06g (14.12%), Vitamin A: 650.62IU (13.01%), Selenium: 8.95µg (12.79%), Vitamin B2: 0.21mg (12.12%), Phosphorus: 105.26mg (10.53%), Calcium: 79.64mg (7.96%), Vitamin B12: 0.32µg (5.38%), Manganese: 0.09mg (4.75%), Vitamin B5: 0.4mg (4.01%), Potassium: 125.11mg (3.57%), Zinc: 0.52mg (3.49%), Folate: 13.14µg (3.29%), Vitamin E: 0.46mg (3.04%), Vitamin B1: 0.04mg (2.95%), Vitamin B6: 0.06mg (2.8%), Magnesium: 9.99mg (2.5%), Copper: 0.05mg (2.3%), Iron: 0.26mg (1.42%)