



PHILADELPHIA 3-STEP Sweet Potato Cheesecake

READY IN



230 min.

SERVINGS



50

CALORIES



74 kcal

DESSERT

Ingredients

- 1 dash ground cloves
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 tsp ground cinnamon
- 1 dash ground nutmeg
- 2 Tbsp pancake syrup
- 0.8 cup planters pecans chopped

- 0.5 cup sugar
- 0.8 cup sweet potatoes canned mashed drained
- 0.5 tsp vanilla

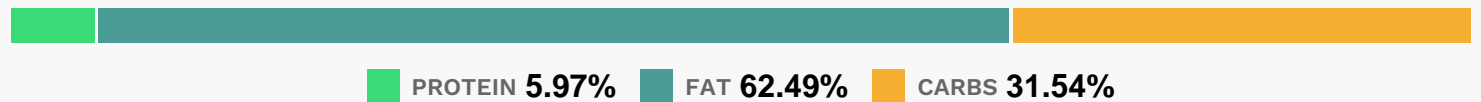
Equipment

- oven
- blender

Directions

- Heat oven to 350F.
- Beat first 7 ingredients with mixer until blended.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour into crust; top with nuts.
- Bake 40 min. or until center is almost set. Cool. Refrigerate 3 hours.
- Drizzle with syrup just before serving.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:1.74, Inflammation Score:-3, Nutrition Score:1.6782608576443%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 73.7kcal (3.69%), Fat: 5.23g (8.05%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 5.65g (2.05%), Sugar: 3.11g (3.46%), Cholesterol: 15.74mg (5.25%), Sodium: 48.97mg (2.13%),

Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 1.12g (2.25%), Vitamin A: 415.85IU (8.32%), Manganese: 0.14mg (6.76%), Vitamin B2: 0.04mg (2.34%), Phosphorus: 22.39mg (2.24%), Selenium: 1.5µg (2.14%), Copper: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.37%), Calcium: 12.87mg (1.29%), Vitamin E: 0.19mg (1.25%), Zinc: 0.19mg (1.24%), Fiber: 0.29g (1.17%), Vitamin B5: 0.11mg (1.14%), Folate: 4.42µg (1.11%), Magnesium: 4.23mg (1.06%), Iron: 0.19mg (1.03%), Vitamin K: 1.06µg (1.01%)