



## PHILADELPHIA® 3-STEP® Apple Cinnamon Cheesecake

READY IN



240 min.

SERVINGS



1

CALORIES



3245 kcal

DESSERT

### Ingredients

- 16 oz philadelphia cream cheese softened
- 2 eggs
- 1 ready-to-use graham cracker crumb crust
- 0.3 tsp ground cinnamon
- 0.5 cup sugar
- 2 Tbsp sugar
- 2 medium tart apples cored peeled cut into thin wedges
- 1 tsp vanilla

1 Tbsp water

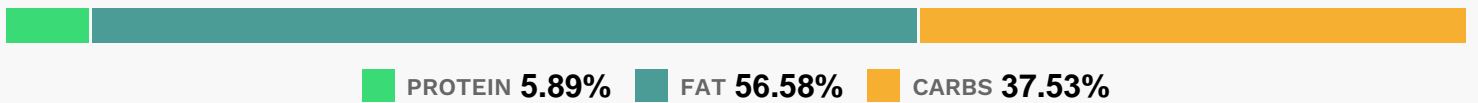
## Equipment

- bowl
- sauce pan
- oven
- hand mixer

## Directions

- Preheat oven to 350F. Beat cream cheese, 1/2 cup sugar and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add eggs; mix just until blended.
- Pour into crust.
- Bake 50 minutes or until center is almost set. Cool. Refrigerate at least 3 hours or overnight.
- Mix apples and water in medium saucepan; cook 4 minutes or until apples are tender, stirring frequently.
- Add 2 Tbsp. sugar and the cinnamon; mix lightly.
- Serve spooned over cheesecake. Store leftover cheesecake and apple mixture, separately, in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:204.18, Glycemic Load:106.61, Inflammation Score:-10, Nutrition Score:49.450869352921%

## Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg

Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg,  
Epigallocatechin 3-gallate: 0.69mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg  
Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 14.6mg, Quercetin:  
14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

## **Nutrients (% of daily need)**

Calories: 3245.49kcal (162.27%), Fat: 207.59g (319.37%), Saturated Fat: 102.98g (643.65%), Carbohydrates:  
309.77g (103.26%), Net Carbohydrates: 297.46g (108.17%), Sugar: 210.3g (233.67%), Cholesterol: 785.49mg  
(261.83%), Sodium: 2356.01mg (102.44%), Alcohol: 1.44g (100%), Alcohol %: 0.15% (100%), Protein: 48.63g (97.26%),  
Vitamin A: 6767.12IU (135.34%), Manganese: 2.52mg (125.9%), Vitamin B2: 1.93mg (113.53%), Selenium: 71.21µg  
(101.73%), Phosphorus: 899.19mg (89.92%), Vitamin E: 8.64mg (57.6%), Calcium: 569.07mg (56.91%), Vitamin K:  
55.06µg (52.44%), Folate: 203.64µg (50.91%), Fiber: 12.31g (49.24%), Vitamin B5: 4.46mg (44.63%), Iron: 7.02mg  
(38.98%), Zinc: 5.7mg (38.03%), Potassium: 1313.26mg (37.52%), Vitamin B1: 0.51mg (34.32%), Vitamin B6: 0.68mg  
(34.21%), Copper: 0.64mg (31.93%), Vitamin B3: 6.31mg (31.55%), Vitamin B12: 1.78µg (29.69%), Magnesium:  
109.73mg (27.43%), Vitamin C: 16.77mg (20.33%), Vitamin D: 1.76µg (11.73%)