



## PHILADELPHIA® 3-STEP® Caramel Pecan Cheesecake

READY IN



265 min.

SERVINGS



25

CALORIES



165 kcal

DESSERT

### Ingredients

- 20 caramels kraft
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 2 Tbsp milk
- 0.5 cup planters pecans chopped
- 0.5 cup sugar
- 0.5 tsp vanilla

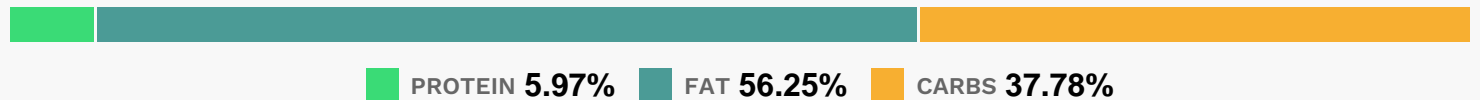
## Equipment

- bowl
- sauce pan
- oven
- hand mixer

## Directions

- Preheat oven to 350F. Beat cream cheese, sugar and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add eggs; mix just until blended.
- Melt caramels with milk in small saucepan on low heat, stirring frequently until caramels are completely melted. Stir in pecans.
- Pour into crust; cover with cream cheese batter.
- Bake 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight.
- Let cheesecake stand at room temperature for at least 30 minutes before slicing to allow caramel layer to soften. Store leftover cheesecake in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:8.4, Glycemic Load:7.1, Inflammation Score:-2, Nutrition Score:2.7252174100798%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 164.61kcal (8.23%), Fat: 10.53g (16.2%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 15.58g (5.66%), Sugar: 11.31g (12.57%), Cholesterol: 32.12mg (10.71%), Sodium: 114.12mg (4.96%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 2.51g (5.03%), Manganese: 0.19mg (9.5%), Vitamin B2: 0.1mg (5.77%), Vitamin A: 269.27IU (5.39%), Phosphorus: 50.72mg (5.07%), Selenium: 3.09µg (4.42%), Calcium: 35.63mg (3.56%), Vitamin B1: 0.04mg (2.76%), Vitamin E: 0.39mg (2.58%), Copper: 0.05mg (2.45%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.36mg (2.4%), Folate: 8.51µg (2.13%), Vitamin K: 2.1µg (2%), Magnesium: 7.77mg (1.94%), Potassium: 64.56mg (1.84%), Iron: 0.33mg (1.82%), Vitamin B12: 0.1µg (1.7%), Vitamin B6: 0.03mg (1.56%), Vitamin B3: 0.28mg (1.39%), Fiber: 0.34g (1.35%)