



WHATSheATE



PHILLY Chocolate Turtle Cheesecake



Gluten Free

READY IN



310 min.

SERVINGS



16

CALORIES



465 kcal

DESSERT

Ingredients

- ☐ 32 caramels chopped kraft
- ☐ 750 g philadelphia brick cream cheese softened
- ☐ 3 eggs
- ☐ 2 tablespoons non-hydrogenated margarine melted
- ☐ 3 tablespoons milk
- ☐ 0.5 cup pecan halves toasted
- ☐ 1.3 cups pecans toasted finely chopped
- ☐ 8 ounce bakers semi-sweet chocolate cooled melted

- ☐ 2 tablespoons sugar
- ☐ 0.8 cup sugar white

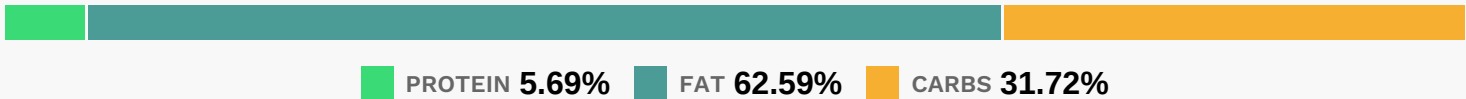
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ microwave
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Heat oven to 350 degrees F. Cover bottom of 9 inch springform pan with parchment paper.
- ☐ Combine chopped pecans, margarine and 2 tablespoon sugar; press onto bottom of pan. Microwave caramels and milk in microwaveable bowl on MEDIUM 4 to 5 minutes or until caramels are completely melted and mixture is well blended, stirring every 2 minutes.
- ☐ Spread over crust to within 1 inch of edge; cool.
- ☐ Beat cream cheese and remaining sugar with mixer until blended.
- ☐ Add eggs, 1 at a time, mixing on low speed after each just until blended. Stir in chocolate; pour over caramel layer.
- ☐ Bake 45 to 50 minutes or until centre is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim. Refrigerate 4 hours.
- ☐ Sprinkle with pecans halves just before serving.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:18.4, Inflammation Score:-5, Nutrition Score:8.6265217376792%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 465.29kcal (23.26%), Fat: 33.29g (51.21%), Saturated Fat: 14.36g (89.75%), Carbohydrates: 37.96g (12.65%), Net Carbohydrates: 35.79g (13.01%), Sugar: 31.51g (35.02%), Cholesterol: 80.62mg (26.87%), Sodium: 227mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 6.81g (13.62%), Manganese: 0.69mg (34.26%), Copper: 0.33mg (16.28%), Phosphorus: 159.38mg (15.94%), Vitamin A: 762.79IU (15.26%), Vitamin B2: 0.22mg (13.2%), Selenium: 8.64µg (12.35%), Magnesium: 47.05mg (11.76%), Calcium: 98.15mg (9.81%), Zinc: 1.31mg (8.72%), Fiber: 2.17g (8.69%), Iron: 1.4mg (7.77%), Vitamin B1: 0.11mg (7.5%), Potassium: 246mg (7.03%), Vitamin B5: 0.67mg (6.66%), Vitamin E: 0.87mg (5.82%), Vitamin B12: 0.28µg (4.65%), Vitamin B6: 0.08mg (4.05%), Folate: 11.3µg (2.82%), Vitamin K: 2.78µg (2.64%), Vitamin B3: 0.33mg (1.64%), Vitamin D: 0.2µg (1.31%)