



PHILLY Sugar Shack Maple Walnut Cheesecake

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



364 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 750 g cream cheese softened
- 3 eggs
- 16 maple syrup crushed finely
- 0.8 cup maple syrup divided
- 2 tablespoons walnut pieces
- 0.3 cup walnut pieces finely chopped

Equipment

- bowl
- oven
- hand mixer
- springform pan

Directions

- Heat oven to 350 degrees F.
- Combine crushed cookies, finely chopped walnuts and butter; press firmly onto bottom of 9 inch springform pan.
- Beat cream cheese and 1/2 cup of the maple syrup in large bowl with electric mixer on medium speed until well blended.
- Add eggs, one at a time, mixing just until blended after each addition.
- Pour over crust.
- Bake 45 to 50 minutes or until centre is almost set. Cool completely. Refrigerate 4 hours or overnight.
- Drizzle with remaining 1/4 cup maple syrup just before serving.
- Sprinkle with walnut pieces. Store leftover cheesecake in refrigerator.

Nutrition Facts



PROTEIN 6.37% **FAT 73.62%** **CARBS 20.01%**

Properties

Glycemic Index:15.83, Glycemic Load:6.27, Inflammation Score:-6, Nutrition Score:7.2060869204933%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 364.47kcal (18.22%), Fat: 30.34g (46.67%), Saturated Fat: 16.46g (102.89%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 18.28g (6.65%), Sugar: 15.36g (17.07%), Cholesterol: 117.6mg (39.2%), Sodium:

254.43mg (11.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Manganese: 0.64mg (32.18%), Vitamin B2: 0.47mg (27.93%), Vitamin A: 1057.17IU (21.14%), Selenium: 9.02µg (12.88%), Phosphorus: 104.37mg (10.44%), Calcium: 95.71mg (9.57%), Vitamin B5: 0.56mg (5.55%), Vitamin E: 0.83mg (5.52%), Zinc: 0.74mg (4.91%), Potassium: 165.57mg (4.73%), Magnesium: 18.06mg (4.52%), Copper: 0.08mg (4.22%), Vitamin B12: 0.25µg (4.1%), Vitamin B6: 0.08mg (3.8%), Folate: 15.01µg (3.75%), Vitamin B1: 0.05mg (3.15%), Iron: 0.41mg (2.25%), Vitamin K: 1.9µg (1.81%), Vitamin D: 0.22µg (1.47%), Fiber: 0.28g (1.1%)