



Praline Cheesecake

READY IN



370 min.

SERVINGS



16

CALORIES



458 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 25 caramels kraft
- 0.5 cup knudsen cream sour
- 24 oz philadelphia cream cheese softened
- 3 eggs
- 3 Tbsp milk
- 0.5 cup planters pecans toasted chopped
- 1.3 cups sugar divided
- 1 tsp vanilla

66 vanilla wafers divided

Equipment

bowl

frying pan

oven

knife

blender

microwave

springform pan

Directions

Heat oven to 325F.

Reserve 16 wafers. Finely crush remaining wafers; mix with 1/4 cup sugar and butter. Press onto bottom of 9-inch springform pan. Stand reserved wafers around edge, pressing gently into crust to secure.

Beat cream cheese and remaining sugar in large bowl with mixer until blended.

Add sour cream and vanilla; mix well.

Add eggs, 1 at a time, beating on low speed after each just until blended.

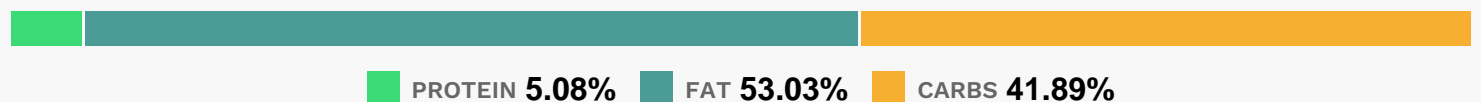
Pour over crust.

Bake 45 to 50 min. or until center is almost set. Run small knife around rim of pan to loosen cake; cool before removing rim. Refrigerate cheesecake 4 hours.

Microwave caramels and milk in microwaveable bowl on HIGH 1 min. or until caramels are completely melted, stirring every 30 sec. Cool slightly.

Pour over cheesecake; top with nuts.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:33.09, Inflammation Score:-5, Nutrition Score:5.5543478396924%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 458.38kcal (22.92%), Fat: 27.6g (42.47%), Saturated Fat: 12.21g (76.3%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 48.41g (17.6%), Sugar: 35.81g (39.79%), Cholesterol: 79.56mg (26.52%), Sodium: 319.94mg (13.91%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.95g (11.89%), Vitamin A: 800.15IU (16%), Vitamin B2: 0.26mg (15.11%), Phosphorus: 107.75mg (10.77%), Vitamin B1: 0.16mg (10.46%), Selenium: 7µg (10%), Calcium: 81.56mg (8.16%), Folate: 31.26µg (7.81%), Manganese: 0.15mg (7.5%), Vitamin B5: 0.53mg (5.3%), Vitamin E: 0.71mg (4.71%), Potassium: 149.82mg (4.28%), Vitamin B12: 0.25µg (4.13%), Vitamin B3: 0.76mg (3.8%), Zinc: 0.56mg (3.77%), Magnesium: 12.41mg (3.1%), Vitamin B6: 0.06mg (2.91%), Copper: 0.06mg (2.81%), Fiber: 0.64g (2.57%), Iron: 0.3mg (1.69%), Vitamin K: 1.42µg (1.36%), Vitamin D: 0.2µg (1.31%)