



Praline Cheesecake

READY IN



45 min.

SERVINGS



16

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 16 servings glaze
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 24 ounce cream cheese softened
- ☐ 3 eggs
- ☐ 5.3 ounce evaporated milk canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.3 cups graham cracker crumbs
- ☐ 1 cup pecan halves toasted

- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons vanilla extract

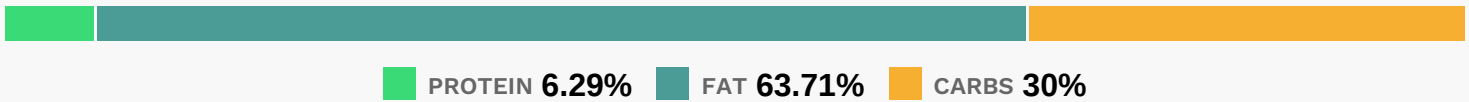
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Combine first 4 ingredients, mixing well. Press mixture into bottom and 1 1/2 inches up the sides of a 9-inch Springform pan.
- ☐ Bake at 350 for 5 minutes.
- ☐ Beat cream cheese at medium speed of an electric mixer until light and fluffy. Gradually add sugar, milk, and flour, mixing well.
- ☐ Add eggs, one at a time, beating well after each addition. Stir in vanilla.
- ☐ Pour into prepared pan.
- ☐ Bake at 350 for 55 to 60 minutes.
- ☐ Let cool in pan 30 minutes. Loosen and remove sides of Springform pan; cool completely. Cover loosely, and refrigerate overnight.
- ☐ Before serving, arrange pecan halves on top of cheesecake.
- ☐ Serve with warm glaze.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:6.9, Inflammation Score:-5, Nutrition Score:6.0730435731618%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg

Nutrients (% of daily need)

Calories: 350.01kcal (17.5%), Fat: 25.34g (38.98%), Saturated Fat: 10.47g (65.41%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 25.84g (9.4%), Sugar: 20.91g (23.23%), Cholesterol: 76.38mg (25.46%), Sodium: 235.88mg (10.26%), Alcohol: 0.13g (100%), Alcohol %: 0.17% (100%), Protein: 5.63g (11.25%), Manganese: 0.38mg (18.94%), Vitamin A: 769.51IU (15.39%), Phosphorus: 118.52mg (11.85%), Vitamin B2: 0.2mg (11.66%), Selenium: 7.21µg (10.3%), Calcium: 93.91mg (9.39%), Vitamin B1: 0.09mg (6.15%), Copper: 0.12mg (6%), Zinc: 0.89mg (5.92%), Magnesium: 22.1mg (5.52%), Vitamin B5: 0.52mg (5.23%), Potassium: 161.5mg (4.61%), Vitamin E: 0.69mg (4.59%), Iron: 0.82mg (4.57%), Fiber: 1.01g (4.02%), Folate: 15.1µg (3.78%), Vitamin B6: 0.07mg (3.61%), Vitamin B12: 0.19µg (3.09%), Vitamin B3: 0.48mg (2.38%), Vitamin K: 1.25µg (1.19%), Vitamin D: 0.17µg (1.16%)