



Praline Cheesecake

READY IN



370 min.

SERVINGS



10

CALORIES



733 kcal

DESSERT

Ingredients

- 25 caramels kraft
- 0.5 cup knudsen cream sour
- 24 oz philadelphia cream cheese softened
- 3 eggs
- 0.3 cup butter melted
- 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.

Crush 50 wafers finely; mix with 1/4 cup sugar and margarine. Press onto bottom of 9-inch springform pan. Stand remaining wafers around edge of pan, 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.

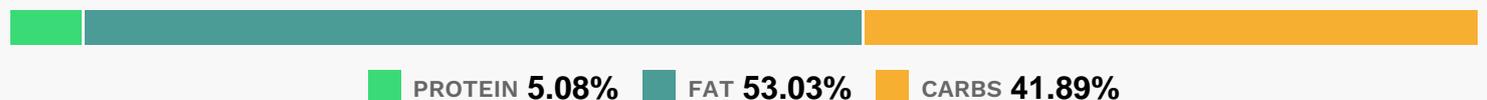
Pour over crust.

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:28.71, Glycemic Load:52.94, Inflammation Score:-6, Nutrition Score:8.8865217475787%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 733.4kcal (36.67%), Fat: 44.16g (67.94%), Saturated Fat: 19.53g (122.08%), Carbohydrates: 78.48g (26.16%), Net Carbohydrates: 77.45g (28.16%), Sugar: 57.3g (63.67%), Cholesterol: 127.29mg (42.43%), Sodium: 511.91mg (22.26%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 9.52g (19.03%), Vitamin A: 1280.24IU (25.6%), Vitamin B2: 0.41mg (24.18%), Phosphorus: 172.4mg (17.24%), Vitamin B1: 0.25mg (16.74%), Selenium: 11.2µg (16%), Calcium: 130.5mg (13.05%), Folate: 50.01µg (12.5%), Manganese: 0.24mg (12%), Vitamin B5: 0.85mg (8.48%), Vitamin E: 1.13mg (7.53%), Potassium: 239.72mg (6.85%), Vitamin B12: 0.4µg (6.6%), Vitamin B3: 1.21mg (6.07%), Zinc: 0.9mg (6.03%), Magnesium: 19.86mg (4.96%), Vitamin B6: 0.09mg (4.65%), Copper: 0.09mg (4.49%), Fiber: 1.03g (4.12%), Iron: 0.49mg (2.71%), Vitamin K: 2.28µg (2.17%), Vitamin D: 0.31µg (2.09%)