



Praline-Sweet Potato Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons butter melted
- ☐ 2 teaspoons butter
- ☐ 1 tablespoon plus light
- ☐ 8 ounce block cream cheese fat-free
- ☐ 1 cup brown sugar dark packed
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 ounce flour all-purpose

- ☐ 1.8 cups graham cracker crumbs
- ☐ 0.3 cup granulated sugar
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.8 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream fat-free sour
- ☐ 30 ounce sweet potatoes in syrup drained canned
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 tablespoon water
- ☐ 3 tablespoons water

Equipment

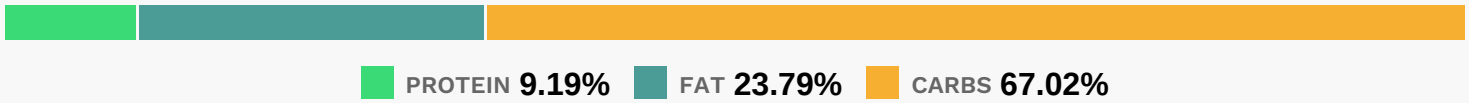
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ To prepare praline, coat a 10-inch sheet of aluminum foil with cooking spray.
- ☐ Place 1/3 cup granulated sugar, 3 tablespoons water, corn syrup, and 1/2 teaspoon vanilla in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring as needed to dissolve sugar evenly (about 5 minutes). Continue cooking 5 minutes or until golden.

- ☐ Remove from heat; carefully stir in pecans, 2 teaspoons butter, and salt. Immediately pour onto prepared foil, spreading to a thin layer. Cool completely. Break praline into small pieces.
- ☐ Place in a food processor, and process until coarsely ground.
- ☐ Preheat oven to 35
- ☐ To prepare crust, combine cracker crumbs, 3 tablespoons granulated sugar, melted butter, and 1 tablespoon water in a bowl. Toss well with a fork. Press crumb mixture into bottom and up sides of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 10 minutes. Cool on a wire rack.
- ☐ Reduce oven temperature to 32
- ☐ To prepare filling, place sweet potatoes in food processor; process until smooth.
- ☐ Remove from processor.
- ☐ Combine brown sugar, cheeses, and sour cream in processor; process until smooth.
- ☐ Add pureed sweet potatoes, flour, and the remaining ingredients, and process until smooth.
- ☐ Add one-half of ground praline mixture; pulse 3 times or until blended.
- ☐ Pour filling into crust.
- ☐ Bake at 325 for 55 minutes. Turn off oven. (Do not remove cheesecake from oven.)
- ☐ Let cheesecake stand in oven for 1 hour.
- ☐ Remove from oven; cool on a wire rack. Cover and chill 3 hours or overnight.
- ☐ Sprinkle top with remaining ground praline mixture before serving.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:15.91, Inflammation Score:-10, Nutrition Score:11.285652189151%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin

3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 259.55kcal (12.98%), Fat: 6.99g (10.75%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 41.75g (15.18%), Sugar: 26.29g (29.21%), Cholesterol: 30.39mg (10.13%), Sodium: 278.87mg (12.12%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 6.07g (12.15%), Vitamin A: 7670.38IU (153.41%), Manganese: 0.43mg (21.36%), Phosphorus: 161.41mg (16.14%), Calcium: 112.11mg (11.21%), Vitamin B2: 0.18mg (10.46%), Fiber: 2.52g (10.09%), Potassium: 312.2mg (8.92%), Copper: 0.17mg (8.42%), Vitamin B1: 0.13mg (8.34%), Magnesium: 32.59mg (8.15%), Selenium: 5.56µg (7.94%), Vitamin B6: 0.16mg (7.94%), Vitamin B5: 0.72mg (7.21%), Iron: 1.18mg (6.53%), Zinc: 0.96mg (6.43%), Folate: 24.28µg (6.07%), Vitamin B3: 0.88mg (4.41%), Vitamin B12: 0.24µg (4%), Vitamin E: 0.33mg (2.18%), Vitamin C: 1.35mg (1.64%), Vitamin K: 1.36µg (1.3%)