



Pralines-and-Cream Cheesecake

READY IN



15 min.

SERVINGS



8

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 8 teaspoons caramel syrup
- ☐ 1 large eggs
- ☐ 2 egg whites
- ☐ 6 ounce graham cracker crust reduced-fat
- ☐ 0.5 cup sugar
- ☐ 0.5 cup almond-toffee bits
- ☐ 8 teaspoons almond-toffee bits
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 tablespoons non-dairy whipped topping reduced-fat

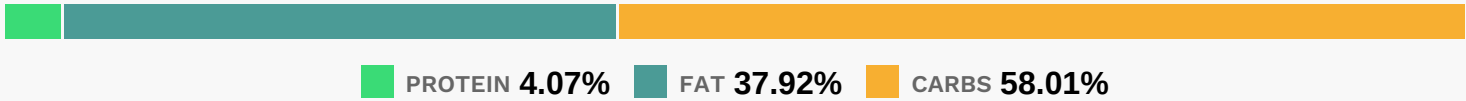
Equipment

- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat first 3 ingredients at medium speed with an electric mixer until blended.
- ☐ Add egg whites, 1 at a time, beating just until blended.
- ☐ Add egg, beating just until blended. Stir in 1/2 cup almond-toffee bits.
- ☐ Pour into graham cracker crust.
- ☐ Bake at 325 for 25 minutes or until edges of cheesecake are set and center is almost set. Turn off oven; let cheesecake stand in oven 10 minutes.
- ☐ Remove from oven, and cool completely on a wire rack. Cover and chill at least 3 hours.
- ☐ Serve each slice with 1 tablespoon whipped topping, 1 teaspoon caramel syrup, and 1 teaspoon almond-toffee bits.
- ☐ Note: For testing purposes only, we used
- ☐ Heath Bits O'Brickle Almond Toffee Bits.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:15.23, Inflammation Score:-2, Nutrition Score:3.5660869262141%

Nutrients (% of daily need)

Calories: 305.97kcal (15.3%), Fat: 12.97g (19.95%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 44.63g (14.88%), Net Carbohydrates: 44.23g (16.08%), Sugar: 34.57g (38.41%), Cholesterol: 43.84mg (14.61%), Sodium: 178.75mg (7.77%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.13g (6.26%), Manganese: 0.28mg (14.08%), Vitamin B2: 0.13mg (7.46%), Selenium: 4.42µg (6.31%), Vitamin A: 271.62IU (5.43%), Phosphorus: 51.15mg (5.12%), Vitamin K: 5.35µg (5.1%), Vitamin E: 0.67mg (4.47%), Folate: 17.75µg (4.44%), Iron: 0.69mg (3.81%), Vitamin B3: 0.71mg (3.54%), Vitamin B1: 0.04mg (2.96%), Copper: 0.06mg (2.79%), Zinc: 0.38mg (2.52%), Calcium: 24.16mg

(2.42%), Magnesium: 8mg (2%), Vitamin B5: 0.19mg (1.87%), Potassium: 65.38mg (1.87%), Vitamin B12: 0.11µg (1.79%), Fiber: 0.4g (1.62%), Vitamin B6: 0.03mg (1.49%)