



## Roasted Sweet-Potato Cheesecake with Maple Cream



Vegetarian



Gluten Free

READY IN



150 min.

SERVINGS



16

CALORIES



231 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup brown sugar light packed
- ☐ 1 tablespoon butter melted
- ☐ 4 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 teaspoon nutmeg

- ☐ 2 teaspoons juice of lemon
- ☐ 24 oz cream cheese light at room temperature (neufchâtel)
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup cream sour
- ☐ 2 sweet potatoes and into dark red such as jewel or garnet (sometimes sold as yams)
- ☐ 0.3 cup whipping cream

## Equipment

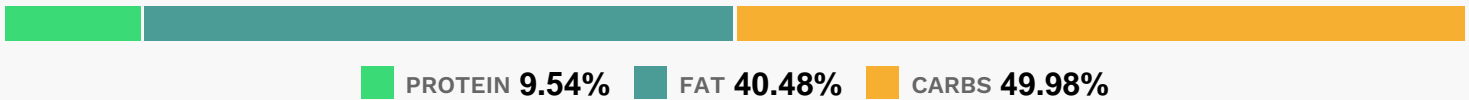
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil
- ☐ pastry bag

## Directions

- ☐ Preheat oven to 375 (convection not recommended). Peel sweet potatoes and cut in half lengthwise.
- ☐ Place in a 9- by 13-inch baking pan and brush with melted butter.
- ☐ Bake until potatoes are soft when pressed, 45 to 55 minutes.
- ☐ Meanwhile, prepare crust.
- ☐ Bake in same oven with potatoes until lightly browned all over, 10 to 12 minutes.
- ☐ Scrape any charred spots off potatoes, then cut potatoes into chunks. Whirl in a food processor or mash in a bowl with lemon juice until smooth. Reserve 1 cup; save any extra for another use.
- ☐ Reduce oven temperature to 32

- ☐ In a bowl, with a mixer on high speed, beat cream cheese until fluffy. Gradually beat in granulated and brown sugars, scraping down sides of bowl occasionally, until mixture is well blended and smooth. Beat in eggs, one at a time, until blended.
- ☐ Add reserved sweet potato mixture, the whipping cream, sour cream, maple syrup, cinnamon, nutmeg, and ginger.
- ☐ Mix on low speed until well blended.
- ☐ Wrap bottom of cheesecake pan with heavy-duty foil, pressing it up the sides.
- ☐ Pour batter over crust. Put cheesecake pan in a 12- by 15-inch roasting pan at least 2 inches deep. Set pans in oven and pour enough boiling water into roasting pan to come halfway up sides of cheesecake pan.
- ☐ Bake until cake barely jiggles in the center when gently shaken, about 55 minutes.
- ☐ Remove pans from oven. Lift cheesecake pan from roasting pan and let cool completely on a rack, about 1 hour, then chill until cold, at least 1 1/2 hours, or up to 3 days (cover once cold).
- ☐ Up to 6 hours before serving, cut around inside of pan rim to release cake; remove rim. With a pastry bag, pipe dollops of maple cream onto cake. Or serve maple cream separately, to spoon onto each wedge.
- ☐ Pecan Crust: Whirl 1/4 cup coarsely chopped pecans in a blender until finely ground; you should have 1/4 cup. In a bowl, mix pecans, 1 1/4 cups fine graham cracker crumbs, 2 tablespoons sugar, and 5 tablespoons melted butter.
- ☐ Pour into a 9-inch cheesecake pan with removable rim (2 1/4 in. tall). Press mixture evenly over bottom of pan.
- ☐ Maple Cream: In a bowl, with a mixer on high speed, beat 3/4 cup whipping cream until stiff peaks form. On low speed, beat in 1/4 cup maple syrup just until blended.

## Nutrition Facts



## Properties

Glycemic Index:18.1, Glycemic Load:10.61, Inflammation Score:-10, Nutrition Score:9.0639131276504%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:  
0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 230.95kcal (11.55%), Fat: 10.54g (16.22%), Saturated Fat: 5.97g (37.31%), Carbohydrates: 29.28g (9.76%),  
Net Carbohydrates: 28.29g (10.29%), Sugar: 23.03g (25.59%), Cholesterol: 77.67mg (25.89%), Sodium: 196.23mg  
(8.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin A: 4409.72IU (88.19%), Vitamin  
B2: 0.23mg (13.67%), Manganese: 0.26mg (12.96%), Phosphorus: 108.58mg (10.86%), Calcium: 98.21mg (9.82%),  
Selenium: 6.14µg (8.78%), Vitamin B12: 0.52µg (8.62%), Vitamin B5: 0.81mg (8.1%), Potassium: 249.09mg (7.12%),  
Vitamin B6: 0.11mg (5.31%), Folate: 17.76µg (4.44%), Fiber: 0.98g (3.94%), Zinc: 0.56mg (3.71%), Magnesium:  
14.79mg (3.7%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.3%), Iron: 0.56mg (3.12%), Vitamin D: 0.44µg  
(2.91%), Vitamin E: 0.39mg (2.62%), Vitamin B3: 0.25mg (1.24%), Vitamin K: 1.31µg (1.24%), Vitamin C: 0.99mg  
(1.19%)