



Salted Caramel Cheesecakes

 Vegetarian

READY IN



280 min.

SERVINGS



12

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons canola oil
- ☐ 2 large eggs
- ☐ 0.5 cup evaporated milk
- ☐ 0.5 cup granulated sugar
- ☐ 0.7 cup greek yogurt plain fat-free
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.4 teaspoon salt

- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 30 vanilla wafers
- ☐ 2 tablespoons water

Equipment

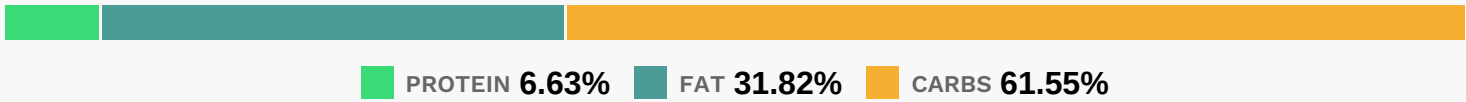
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 30
- ☐ Place cookies in a food processor; process until finely ground crumbs measure about 1 cup.
- ☐ Add oil; pulse to combine. Coat a 12-cup muffin tin well with cooking spray. Spoon about 1 packed tablespoon crumb mixture into each muffin cup; press crumbs firmly into bottom.
- ☐ Bake at 300 for 7 minutes or until lightly browned.
- ☐ Remove from oven; cool.
- ☐ Wipe food processor clean.
- ☐ Place brown sugar, yogurt, and cream cheese in processor; process until smooth.
- ☐ Add vanilla, table salt, and eggs; process until smooth. Spoon about 3 tablespoons batter into each muffin cup.
- ☐ Bake at 300 for 18 minutes or until centers of cheesecakes barely move when pan is touched.
- ☐ Remove pan from oven; cool on a wire rack to room temperature. Cover pan; refrigerate cheesecakes 3 hours or until well chilled.
- ☐ Run a thin knife around outside edge of each cheesecake. Carefully remove cheesecakes from pan; place on a platter. Chill cheesecakes until ready to serve.

- ☐ Combine granulated sugar and 2 tablespoons water in a medium, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 3 minutes). Continue cooking 12 minutes or until the color of light brown sugar (do not stir).
- ☐ Remove from heat; carefully stir in butter and milk (caramelized sugar will harden and stick to spoon).
- ☐ Place pan over medium-high heat until caramelized sugar melts. Bring to a boil; cook 1 minute.
- ☐ Remove pan from heat; cool caramel to room temperature. Cover and chill 1 hour or until slightly thickened. Spoon about 1 tablespoon caramel over each cheesecake.
- ☐ Sprinkle cheesecakes evenly with flake salt.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:14.1, Inflammation Score:-1, Nutrition Score:2.7286956329709%

Nutrients (% of daily need)

Calories: 211.13kcal (10.56%), Fat: 7.54g (11.61%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 32.63g (11.86%), Sugar: 26.42g (29.36%), Cholesterol: 37.26mg (12.42%), Sodium: 195.34mg (8.49%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 3.53g (7.07%), Vitamin B2: 0.14mg (8.2%), Phosphorus: 60.03mg (6%), Selenium: 4.11µg (5.87%), Calcium: 55.1mg (5.51%), Vitamin B1: 0.07mg (4.92%), Folate: 18.89µg (4.72%), Vitamin E: 0.54mg (3.61%), Vitamin B12: 0.17µg (2.85%), Potassium: 89.04mg (2.54%), Vitamin B5: 0.25mg (2.49%), Vitamin B3: 0.46mg (2.28%), Vitamin A: 99.69IU (1.99%), Vitamin K: 1.83µg (1.75%), Zinc: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.59%), Magnesium: 5.95mg (1.49%), Iron: 0.27mg (1.48%), Vitamin D: 0.18µg (1.18%)