

Spiced Cider Cheesecake







DESSERT

Ingredients

1.5 cups cream sour

12 oz apple juice frozen thawed canned
0.3 cup butter melted
1 cup grands flaky refrigerator biscuits crushed finely
2 tablespoons cornstarch
24 oz cream cheese softened
0.8 cup apples dried chopped
4 eggs
1 cup graham cracker crumbs

	2 tablespoons spices: paprika powder 1	
	0.3 cup sugar	
	0.8 cup sugar	
	2 tablespoons sugar	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	oven	
	wire rack	
	aluminum foil	
	springform pan	
Directions		
	Heat oven to 350F. In medium bowl, combine cookie crumbs, graham cracker crumbs and 1/4 cup sugar; mix well. Stir in butter. Reserve 2 tablespoons crumb mixture for garnish. Press remaining crumb mixture in bottom and 2 inches up sides of ungreased 9-inch springform pan.	
	Bake at 350F. for 10 minutes. Cool 10 minutes. Wrap outside of pan, bottom and sides, with heavy-duty foil.	
	Meanwhile, in small saucepan, bring apple juice concentrate and mulling spices to a boil over medium-high heat. Boil 10 minutes.	
	Place dried apples in medium bowl. Strain apple juice mixture over apples; discard spices. Cool 15 minutes or until lukewarm, stirring occasionally.	
	Beat cream cheese in large bowl at medium speed until creamy. Beat in 3/4 cup sugar and cornstarch until smooth. Reduce speed to low; beat in eggs one at a time, beating just until combined and scraping down sides of bowl after each addition. Beat in lukewarm apple mixture.	
	Pour into crust-lined pan.	

	PROTEIN 5.57% FAT 58.77% CARBS 35.66%	
Nutrition Facts		
	Cut cheesecake into wedges.	
	To serve, remove sides of pan.	
	Sprinkle reserved 2 tablespoons of crumb mixture over top of cheesecake. Cover; refrigerate at least 3 hours or overnight before serving.	
	Remove cheesecake from oven. Cool in pan on wire rack for 1 hour.	
	Remove cheesecake from oven. Gently spread sour cream topping over cheesecake. Return to oven; bake an additional 5 minutes. Center will still move slightly when pan is tapped. Turn off oven; let cheesecake stand in oven with door slightly ajar for 10 minutes.	
	Meanwhile, in small bowl, combine topping ingredients; blend well.	
	Bake at 350F. for 50 to 55 minutes or until sides of cheesecake are set and puffed, top is golden brown and center still moves slightly when pan is tapped.	

Properties

Glycemic Index:30.94, Glycemic Load:20.78, Inflammation Score:-5, Nutrition Score:6.2152173881945%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Quercetin: 0.12mg, Qu

Nutrients (% of daily need)

Calories: 410.81kcal (20.54%), Fat: 27.31g (42.02%), Saturated Fat: 14.27g (89.19%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 36.41g (13.24%), Sugar: 25.16g (27.96%), Cholesterol: 104.22mg (34.74%), Sodium: 270.41mg (11.76%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 5.82g (11.65%), Vitamin A: 868.36IU (17.37%), Vitamin B2: 0.26mg (15.19%), Selenium: 9.04µg (12.91%), Phosphorus: 108.92mg (10.89%), Manganese: 0.21mg (10.63%), Calcium: 83.65mg (8.36%), Vitamin E: 1.04mg (6.96%), Iron: 1.15mg (6.41%), Folate: 24.97µg (6.24%), Vitamin B1: 0.09mg (5.89%), Vitamin B5: 0.55mg (5.52%), Potassium: 166.32mg (4.75%), Zinc: 0.64mg (4.24%), Vitamin B3: 0.82mg (4.11%), Vitamin B12: 0.24µg (4.05%), Vitamin B6: 0.08mg (3.95%), Magnesium: 15.3mg (3.83%), Fiber: 0.88g (3.54%), Vitamin K: 3.46µg (3.29%), Copper: 0.05mg (2.48%), Vitamin D: 0.22µg (1.47%)