



Sweet Potato Cheesecake

 Popular

READY IN



450 min.

SERVINGS



16

CALORIES



456 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 cup butter softened
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 1 egg yolk
- 2 cups sweet potatoes and into cooked mashed
- 1 tablespoon butter melted
- 1 teaspoon ground cinnamon

- 1 teaspoon nutmeg
- 1 teaspoon vanilla
- 24 ounces cream cheese softened
- 1 cup granulated sugar
- 4 eggs
- 0.5 cup flour all-purpose
- 0.5 cup brown sugar light packed
- 6 tablespoons butter softened
- 1 teaspoon ground cinnamon
- 1 cup pecans chopped

Equipment

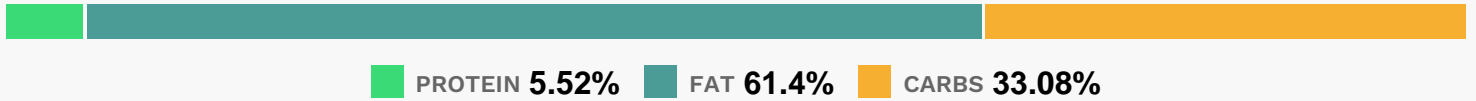
- bowl
- frying pan
- oven
- hand mixer
- springform pan

Directions

- Heat oven to 400°F. In medium bowl, stir 1 cup flour, 1/2 cup butter, 1/4 cup sugar, 1/2 teaspoon cinnamon and the egg yolk until mixture forms a ball. Pat about two-thirds of the dough on bottom only of 10-inch springform pan (with side removed) to make bottom crust 1/8 inch thick.
- Bake 8 to 10 minutes or until crust just begins to brown around edge. Reduce oven temperature to 300°F. Attach side to pan. Pat remaining dough about 1 inch up inside of pan.
- In medium bowl, beat sweet potatoes, 1 tablespoon butter, 1 teaspoon cinnamon, the nutmeg and vanilla with electric mixer on low speed until blended; set aside. In large bowl, beat cream cheese and 1 cup sugar on medium speed about 1 minute or until smooth. Beat in sweet potato mixture on low speed about 1 minute or until blended. Beat in eggs, one at a time. Spoon batter into crust in pan.
- Place springform pan in larger pan on oven rack.

- Pour very hot water into larger pan to one-third the height of springform pan.
- Bake cheesecake about 1 hour 30 minutes, adding very hot water to larger pan as needed, until center is set.
- Meanwhile, in small bowl, stir flour, brown sugar, butter and cinnamon until crumbly. Stir in pecans. Set Crumb Topping aside.
- Sprinkle Topping over cheesecake.
- Bake about 30 minutes longer or until topping is set.
- Remove from pan of water. Cool cheesecake 30 minutes. Loosen side from pan; remove. Refrigerate uncovered 3 to 4 hours or until chilled. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:19.72, Inflammation Score:-9, Nutrition Score:10.170869682146%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 455.69kcal (22.78%), Fat: 31.74g (48.83%), Saturated Fat: 11.72g (73.28%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 36.81g (13.39%), Sugar: 24.98g (27.75%), Cholesterol: 96.02mg (32.01%), Sodium: 285.87mg (12.43%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 6.42g (12.85%), Vitamin A: 3483.01IU (69.66%), Manganese: 0.5mg (25.08%), Selenium: 12.18µg (17.4%), Vitamin B2: 0.24mg (14.07%), Phosphorus: 114.81mg (11.48%), Vitamin B1: 0.17mg (11.2%), Folate: 35.73µg (8.93%), Calcium: 73.59mg (7.36%), Copper: 0.15mg (7.35%), Vitamin E: 1.07mg (7.15%), Vitamin B5: 0.71mg (7.09%), Fiber: 1.66g (6.64%), Iron: 1.17mg (6.52%), Zinc: 0.83mg (5.55%), Magnesium: 21.64mg (5.41%), Potassium: 186.2mg (5.32%), Vitamin B6: 0.11mg (5.27%), Vitamin B3: 0.93mg (4.64%), Vitamin B12: 0.23µg (3.78%), Vitamin D: 0.28µg (1.87%), Vitamin K: 1.6µg (1.53%)