



Upside-Down Honey Cheesecakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 12 servings poached berries fresh assorted (for garnish)
- ☐ 24 ounce cream cheese room temperature
- ☐ 4 large eggs room temperature
- ☐ 0.7 cup brown sugar packed ()
- ☐ 0.3 cup honey
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 cup cream sour
- ☐ 1 cup sugar

- ☐ 0.3 cup butter unsalted ()
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

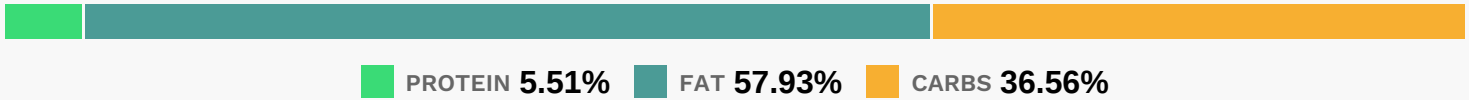
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 300°F. Butter twelve 3/4-cup ramekins or custard cups.
- ☐ Place 1 cup sugar, honey, and butter in heavy medium saucepan. Stir over medium heat until butter melts and mixture is blended. Increase heat to medium-high and bring to boil.
- ☐ Whisk until mixture darkens slightly and candy thermometer registers 300°F, about 5 minutes.
- ☐ Remove from heat; add 1/3 cup water (mixture will bubble vigorously); whisk to blend. Divide topping among ramekins (about 2 tablespoonfuls for each). Divide ramekins between 2 roasting pans and chill while preparing filling.
- ☐ Using on/off turns, blend cream cheese and brown sugar in processor, scraping bowl occasionally.
- ☐ Add sour cream, lemon juice, and vanilla; process until smooth.
- ☐ Add eggs 1 at a time, processing just to blend between additions. Divide filling among ramekins.
- ☐ Add enough hot water to pans to come halfway up sides of ramekins.
- ☐ Bake cheesecakes until set, about 35 minutes.

- ☐
- Remove from roasting pans and chill until firm, about 1 hour. DO AHEAD Can be made 2 days ahead. Cover and keep chilled.
- ☐
- Run thin knife around sides of ramekins. Invert onto plates, scooping any remaining topping from ramekins over cheesecakes.
- ☐
- Garnish with berries.

Nutrition Facts



Properties

Glycemic Index:12.45, Glycemic Load:16.53, Inflammation Score:-5, Nutrition Score:5.3500000523484%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 435.99kcal (21.8%), Fat: 28.71g (44.16%), Saturated Fat: 16.34g (102.13%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 40.7g (14.8%), Sugar: 39.26g (43.62%), Cholesterol: 140.74mg (46.91%), Sodium: 212.54mg (9.24%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 6.15g (12.29%), Vitamin A: 1089.57IU (21.79%), Selenium: 11.07µg (15.82%), Vitamin B2: 0.25mg (14.6%), Phosphorus: 110.45mg (11.05%), Calcium: 96.1mg (9.61%), Vitamin B5: 0.67mg (6.73%), Vitamin E: 0.85mg (5.67%), Vitamin B12: 0.32µg (5.36%), Potassium: 146.81mg (4.19%), Zinc: 0.59mg (3.96%), Vitamin B6: 0.08mg (3.83%), Folate: 14.78µg (3.69%), Iron: 0.51mg (2.81%), Vitamin D: 0.4µg (2.7%), Magnesium: 10.65mg (2.66%), Copper: 0.04mg (1.94%), Vitamin K: 2.02µg (1.93%), Vitamin B1: 0.02mg (1.62%), Manganese: 0.03mg (1.62%)