



Uptown Banana Pudding Cheesecake

 Vegetarian

READY IN



16 min.

SERVINGS



12

CALORIES



428 kcal

DESSERT

Ingredients

- 2 large bananas diced ripe
- 0.3 cup butter melted
- 1 tablespoon rum / brandy / coffee liqueur
- 24 ounce cream cheese softened
- 3 large eggs
- 1 cup granulated sugar
- 1 tablespoon juice of lemon
- 2 tablespoons brown sugar light

- 2 teaspoons vanilla extract
- 1.5 cups vanilla wafers crushed finely
- 0.3 cup walnuts toasted chopped
- 12 servings meringue
- 12 servings meringue

Equipment

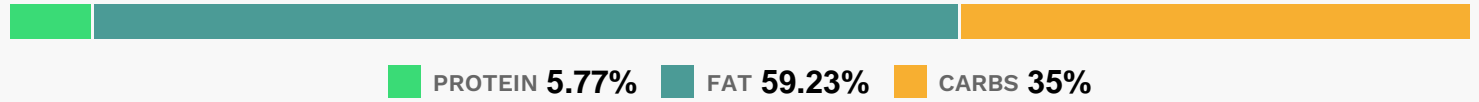
- bowl
- sauce pan
- oven
- knife
- wire rack
- hand mixer
- springform pan

Directions

- Combine first 3 ingredients in a small bowl. Press evenly into bottom of a lightly greased 9-inch springform pan.
- Bake at 350 for 10 minutes. Cool on a wire rack.
- Combine diced bananas and 1 tablespoon lemon juice in a small saucepan. Stir in 2 tablespoons brown sugar.
- Place over medium-high heat, and cook, stirring constantly, about 1 minute or just until sugar has melted. Set aside.
- Beat cream cheese at medium speed with an electric mixer 3 minutes or until smooth. Gradually add 1 cup granulated sugar, beating until blended.
- Add eggs, 1 at a time, beating until blended after each addition. Beat in coffee liqueur and vanilla.
- Pour into prepared vanilla wafer crust. Spoon tablespoonfuls of banana mixture evenly over top, and swirl gently into cream cheese mixture.
- Bake at 350 for 35 to 40 minutes or until center is almost set.

- Drop spoonfuls of Meringue gently and evenly over hot filling.
- Bake at 400 for 10 minutes or until Meringue is golden brown.
- Remove from oven, and gently run a knife around edge of cheesecake in springform pan to loosen. Cool cheesecake completely on a wire rack. Cover loosely, and chill 8 hours. Release and remove sides of pan.

Nutrition Facts



Properties

Glycemic Index:24.91, Glycemic Load:22.61, Inflammation Score:-5, Nutrition Score:6.1773912906647%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 428.12kcal (21.41%), Fat: 28.65g (44.07%), Saturated Fat: 15.24g (95.22%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 37.14g (13.51%), Sugar: 28.63g (31.81%), Cholesterol: 114.07mg (38.02%), Sodium: 282.64mg (12.29%), Alcohol: 0.5g (100%), Alcohol %: 0.47% (100%), Protein: 6.28g (12.56%), Vitamin A: 962.22IU (19.24%), Vitamin B2: 0.25mg (14.41%), Selenium: 9.23µg (13.19%), Phosphorus: 105.97mg (10.6%), Manganese: 0.16mg (7.89%), Folate: 30.41µg (7.6%), Vitamin B6: 0.15mg (7.55%), Calcium: 68.63mg (6.86%), Vitamin B5: 0.61mg (6.14%), Vitamin B1: 0.09mg (6.12%), Potassium: 201.94mg (5.77%), Vitamin E: 0.77mg (5.13%), Magnesium: 17mg (4.25%), Vitamin B12: 0.24µg (4.07%), Copper: 0.08mg (3.92%), Fiber: 0.95g (3.8%), Zinc: 0.56mg (3.75%), Vitamin C: 2.49mg (3.02%), Vitamin B3: 0.6mg (3.02%), Iron: 0.44mg (2.42%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.74µg (1.66%)