

# Miniature Bananas Foster Cheesecake

*Paula Macri - Gattuso's Bella Cucina  
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## **Servings: 3**

*3/4 cup cinnamon graham cracker  
crumbs  
1/4 cup pecans, finely chopped  
1/4 cup butter, melted  
1 package (8 ounce) cream cheese,  
softened  
1/3 cup light brown sugar  
2 large eggs  
2 tablespoons sour cream  
2 tablespoons dark rum  
1/2 teaspoon cinnamon  
3 medium bananas  
1/2 cup caramel topping*

Preheat the oven to 325 degrees.

In a bowl, stir together the graham cracker crumbs, pecans and melted butter. Press the crumb mixture into the bottom of three cups of a twelve-cup muffin pan.

Bake for 8 minutes. Remove from oven and cool.

In a bowl, beat the cream cheese with an electric mixer until creamy. Gradually add the brown sugar, beating just until blended. Add the eggs, one at a time, beating until the yellow disappears. Stir in the sour cream, one tablespoon of the rum and the cinnamon.

In a mixing bowl, mash one banana into the cream cheese mixture, beating at low speed until blended. Spoon the cream cheese mixture into the crusts in the muffin pan. (Be sure to fill the crusts full with batter.)

Bake for 18 minutes or until the filling is set. Remove from the oven and let cool for 15 minutes. Cover and place in the refrigerator. Chill for four hours.

In a saucepan, heat the caramel topping over low heat for about 3 minutes. Remove from the heat. Stir in the remaining rum.

Slice the remaining bananas into 36 slices about 1/4-inch thick. Add to the caramel sauce.

Place the caramel-coated bananas on top of each cheesecake. Serve.

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Per Serving (excluding unknown items): 864 Calories; 54g Fat (55.7% calories from fat); 13g Protein; 84g Carbohydrate; 4g Dietary Fiber; 272mg Cholesterol; 635mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 Fruit; 0 Non-Fat Milk; 10 Fat; 3 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	864	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	55.7%	<b>Vitamin B12 (mcg):</b>	.8mcg
<b>% Calories from Carbohydrates:</b>	38.2%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	6.0%	<b>Riboflavin B2 (mg):</b>	.5mg
<b>Total Fat (g):</b>	54g	<b>Folacin (mcg):</b>	54mcg
<b>Saturated Fat (g):</b>	30g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	18g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	21
<b>Cholesterol (mg):</b>	272mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	84g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	4g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	13g	<b>Lean Meat:</b>	1 1/2
<b>Sodium (mg):</b>	635mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	729mg	<b>Fruit:</b>	2
<b>Calcium (mg):</b>	152mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	3mg	<b>Fat:</b>	10
<b>Zinc (mg):</b>	2mg	<b>Other Carbohydrates:</b>	3 1/2
<b>Vitamin C (mg):</b>	11mg		
<b>Vitamin A (i.u.):</b>	2077IU		
<b>Vitamin A (r.e.):</b>	560 1/2RE		

**Nutrition Facts**

Servings per Recipe: 3

Amount Per Serving	
<b>Calories</b>	864
	Calories from Fat: 482
% Daily Values*	
<b>Total Fat</b>	54g 84%
Saturated Fat	30g 148%
<b>Cholesterol</b>	272mg 91%
<b>Sodium</b>	635mg 26%
<b>Total Carbohydrates</b>	84g 28%
Dietary Fiber	4g 17%
<b>Protein</b>	13g
<b>Vitamin A</b>	42%
<b>Vitamin C</b>	18%
<b>Calcium</b>	15%
<b>Iron</b>	15%

\* Percent Daily Values are based on a 2000 calorie diet.