



Chocolate-Covered Pumpkin Cheesecake Pops

READY IN



300 min.

SERVINGS



24

CALORIES



177 kcal

DESSERT

Ingredients

- ☐ 1 pound bittersweet chocolate 60% chopped (cacao)
- ☐ 1 cup pumpkin pie filling/mix pure canned (not pumpkin pie filling)
- ☐ 8 ounce cream cheese softened
- ☐ 1 large eggs
- ☐ 2 tablespoons graham cracker crumbs
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract pure

Equipment

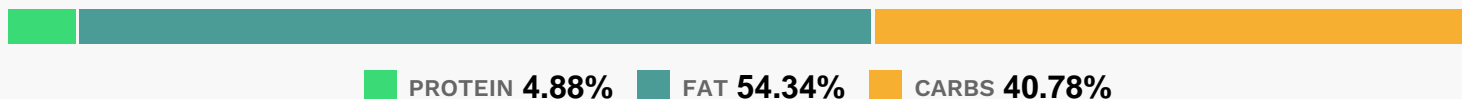
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ wax paper
- ☐ ice cream scoop
- ☐ lollipop sticks

Directions

- ☐ Heat oven to 350°F with rack in middle. Oil pie plate.
- ☐ Beat cream cheese and sugar in a large bowl with an electric mixer at medium speed until creamy and smooth, then beat in egg until combined.
- ☐ Add pumpkin, vanilla, and pumpkin pie spice and mix on low speed until smooth.
- ☐ Pour batter into pie plate and bake until edges are set and center is still a little wobbly, 25 to 30 minutes.
- ☐ Transfer to a rack to let cool completely. (Cheesecake will set completely as it cools.)
- ☐ Cover cheesecake with a round of wax paper or parchment then wrap in plastic and chill until cold, at least 3 hours.
- ☐ Scoop out pumpkin cheesecake, packing cheesecake in ice cream scoop each time and leveling it off, then releasing it, flat side down, onto 2 small, wax paper-lined rimmed baking sheets. Freeze until frozen solid, at least 1 hour.
- ☐ Melt half of chocolate in a small, deep bowl set over a saucepan of barely simmering water, then remove bowl from pan.
- ☐ Working with one pan of cheesecake balls at a time (and keeping the other pan frozen), rest a cheesecake scoop on a fork and lower it into chocolate, then spoon chocolate over it to coat it completely.

- ☐ Let excess chocolate drip off, then scrape bottom of fork against edge of bowl and return coated ball, flat-side down, to wax paper-lined pan.
- ☐ Sprinkle with graham cracker crumbs and push a lollipop stick 3/4 inch through ball. Repeat with remaining balls on first baking sheet. (If cheesecake begins to soften, return to freezer to harden.) Refrigerate finished pops.
- ☐ Melt remaining chocolate in another small deep bowl in same manner and coat remaining cheesecake balls.
- ☐ Keep pops refrigerated or frozen until serving.
- ☐ •Cheesecake can be baked 1 day ahead and chilled, covered. •You will have chocolate left over. Turn it into chocolate sauce with the addition of heavy cream. •Pops keep chilled or frozen in a resealable container up to 3 days. •Lollipop sticks can be found in the baking sections of large craft stores or online from Amazon.com.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:3.5, Inflammation Score:-6, Nutrition Score:4.9947826823463%

Nutrients (% of daily need)

Calories: 177.38kcal (8.87%), Fat: 10.81g (16.62%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 15.77g (5.73%), Sugar: 11.68g (12.97%), Cholesterol: 18.43mg (6.14%), Sodium: 63.49mg (2.76%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 16.25mg (5.42%), Protein: 2.18g (4.37%), Vitamin A: 1081.24IU (21.62%), Manganese: 0.3mg (15.22%), Copper: 0.25mg (12.38%), Fiber: 2.48g (9.92%), Magnesium: 36.73mg (9.18%), Iron: 1.41mg (7.81%), Phosphorus: 70.18mg (7.02%), Selenium: 3.19µg (4.56%), Zinc: 0.62mg (4.15%), Potassium: 140.12mg (4%), Vitamin B2: 0.06mg (3.34%), Calcium: 27.22mg (2.72%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.03mg (1.71%), Folate: 6.16µg (1.54%), Vitamin K: 1.58µg (1.5%), Vitamin E: 0.22mg (1.44%), Vitamin B12: 0.07µg (1.22%), Vitamin B3: 0.24mg (1.22%)