



Ginger Pumpkin Cheesecake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 8 ounce weight cream cheese fat-free softened
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon little demerara sugar
- ☐ 1 large egg whites
- ☐ 3 large eggs
- ☐ 1 cup graham cracker crumbs (7 cookie sheets)
- ☐ 0.8 cup granulated sugar

- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Preheat oven to 350
- ☐ To prepare crust, combine the first 4 ingredients in a bowl; toss with a fork until well blended. Press crumb mixture into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 8 minutes. Cool on a wire rack.
- ☐ Reduce oven temperature to 300
- ☐ To prepare filling, place cream cheeses in a food processor; process until smooth.
- ☐ Add 3/4 cup granulated sugar and next 4 ingredients (through pumpkin); process until smooth.
- ☐ Add eggs, 1 at a time; process well after each addition.
- ☐ Pour cheese mixture into prepared pan.
- ☐ Bake at 300 for 50 minutes or until almost set. Turn oven off; partially open oven door. Cool cheesecake in oven 30 minutes.
- ☐ Remove from oven; cool on a wire rack. Cover and chill 8 hours.
- ☐ Sprinkle with Demerara sugar just before serving.

Nutrition Facts



 **PROTEIN 12.76%**  **FAT 36.38%**  **CARBS 50.86%**

Properties

Glycemic Index:20.1, Glycemic Load:14.87, Inflammation Score:-10, Nutrition Score:9.7599999749142%

Flavonoids

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

Nutrients (% of daily need)

Calories: 214.27kcal (10.71%), Fat: 8.74g (13.44%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 26.21g (9.53%), Sugar: 21.21g (23.57%), Cholesterol: 67.86mg (22.62%), Sodium: 262.55mg (11.42%), Alcohol: 0.37g (100%), Alcohol %: 0.41% (100%), Protein: 6.89g (13.79%), Vitamin A: 5846.46IU (116.93%), Phosphorus: 171.06mg (17.11%), Vitamin B2: 0.2mg (11.94%), Calcium: 107.15mg (10.71%), Selenium: 7.22µg (10.32%), Vitamin B5: 0.61mg (6.07%), Iron: 1.09mg (6.05%), Vitamin K: 6.14µg (5.85%), Vitamin B12: 0.33µg (5.58%), Folate: 21.95µg (5.49%), Potassium: 188.77mg (5.39%), Fiber: 1.28g (5.12%), Magnesium: 20.32mg (5.08%), Zinc: 0.74mg (4.95%), Manganese: 0.09mg (4.67%), Vitamin E: 0.67mg (4.5%), Vitamin B6: 0.07mg (3.47%), Copper: 0.06mg (3.12%), Vitamin B1: 0.04mg (2.79%), Vitamin B3: 0.48mg (2.4%), Vitamin C: 1.81mg (2.2%), Vitamin D: 0.25µg (1.67%)