



Gluten Free Pumpkin Cheesecake

 Vegetarian  Gluten Free

READY IN

ready

235 min.

SERVINGS

servings

10

CALORIES

calories

494 kcal

DESSERT

Ingredients

- ☐ 1 cup almond flour
- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons butter melted
- ☐ 16 ounce cream cheese softened
- ☐ 4 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1.8 cups pumpkin puree

- ☐ 1 teaspoon salt
- ☐ 0.5 cup slivered almonds crushed
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

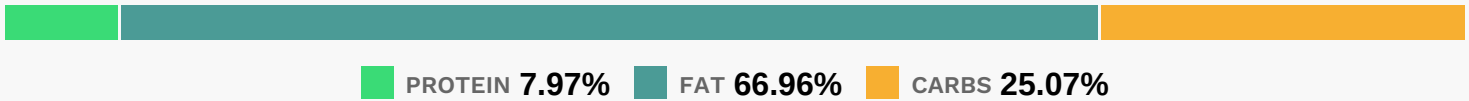
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk almond meal, slivered almonds, 1/4 cup sugar, baking soda, and 1/4 teaspoon cinnamon together in a bowl; stir in butter until almond mixture is evenly moistened.
- ☐ Pour almond mixture into a 10-inch springform pan and press firmly into the bottom.
- ☐ Bake in the preheated oven until crust is set, about 10 minutes.
- ☐ Remove crust from oven and reduce temperature to 325 degrees F (165 degrees C).
- ☐ Place a pan of hot water onto the bottom rack of the oven to help reduce cracking in the cheesecake.
- ☐ Beat cream cheese, sour cream, pumpkin puree, 1 cup sugar, eggs, 1 teaspoon cinnamon, ginger, vanilla extract, and salt together in a large bowl using an electric mixer, scraping bottom and sides of bowl frequently, until filling is smooth.
- ☐ Pour filling over hot crust.
- ☐ Place pan on the center rack in oven and bake until cheesecake peaks in the center, 1 hour to 1 hour 15 minutes. Cool to room temperature before removing sides of pan.

Transfer cheesecake to a serving plate and cover loosely with plastic wrap. Chill in refrigerator before serving, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:14.69, Inflammation Score:-10, Nutrition Score:12.989130445149%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg 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: 493.56kcal (24.68%), Fat: 38.04g (58.53%), Saturated Fat: 17.18g (107.4%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 28.81g (10.48%), Sugar: 25.41g (28.23%), Cholesterol: 147.45mg (49.15%), Sodium: 471.1mg (20.48%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 10.18g (20.36%), Vitamin A: 7769.09IU (155.38%), Vitamin B2: 0.35mg (20.75%), Vitamin E: 2.69mg (17.92%), Selenium: 11.68µg (16.69%), Phosphorus: 160.82mg (16.08%), Manganese: 0.31mg (15.31%), Calcium: 153.14mg (15.31%), Fiber: 3.24g (12.96%), Iron: 1.68mg (9.33%), Magnesium: 35.92mg (8.98%), Vitamin B5: 0.89mg (8.86%), Vitamin K: 8.91µg (8.49%), Potassium: 275.12mg (7.86%), Copper: 0.13mg (6.71%), Vitamin B12: 0.36µg (6%), Zinc: 0.86mg (5.77%), Folate: 22.8µg (5.7%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.05mg (3.23%), Vitamin C: 2.22mg (2.7%), Vitamin B3: 0.48mg (2.38%), Vitamin D: 0.35µg (2.35%)