



Impossibly Easy Creamy Topped Pumpkin Cheesecake

 Gluten Free

READY IN



245 min.

SERVINGS



8

CALORIES



322 kcal

DESSERT

Ingredients

- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 8 oz cream cheese softened cut into 16 pieces,
- ☐ 0.3 teaspoon vanilla
- ☐ 3 eggs
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 1 cup cream sour

- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup frangelico

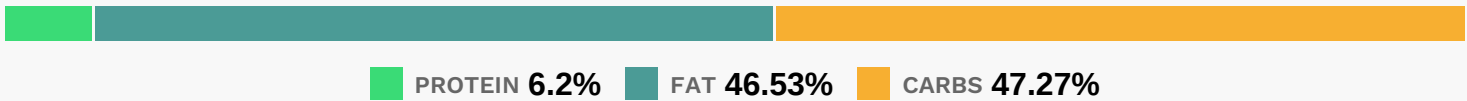
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 350°F. Spray 9–inch glass pie plate with cooking spray.
- ☐ In blender, place all cheesecake ingredients. Cover; blend on high speed about 2 minutes or until smooth. (Or beat in medium bowl with hand beater 2 minutes, scraping bowl constantly.)
- ☐ Pour into pie plate.
- ☐ Bake about 45 minutes or just until puffed and center is dry (do not overbake). Cool on wire rack 10 minutes.
- ☐ Meanwhile, mix all topping ingredients. Carefully spread topping over cheesecake. Refrigerate at least 3 hours until chilled. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:15.61, Inflammation Score:-10, Nutrition Score:10.66304349381%

Nutrients (% of daily need)

Calories: 321.84kcal (16.09%), Fat: 17.09g (26.28%), Saturated Fat: 9.21g (57.54%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 34.58g (12.57%), Sugar: 23.92g (26.58%), Cholesterol: 106.98mg (35.66%), Sodium: 232.39mg (10.1%), Alcohol: 0.22g (100%), Alcohol %: 0.18% (100%), Protein: 5.13g (10.25%), Vitamin A: 5060.76IU (101.22%), Fiber: 4.47g (17.87%), Vitamin B2: 0.26mg (15.11%), Manganese: 0.29mg (14.29%), Selenium: 9.32µg (13.31%), Vitamin B5: 1.12mg (11.16%), Phosphorus: 109.25mg (10.93%), Calcium: 88.29mg (8.83%), Folate: 30.73µg (7.68%), Vitamin

B6: 0.14mg (7.09%), Iron: 0.99mg (5.49%), Potassium: 173.33mg (4.95%), Vitamin B12: 0.27µg (4.49%), Magnesium: 16.5mg (4.12%), Zinc: 0.6mg (4.03%), Vitamin E: 0.53mg (3.56%), Copper: 0.06mg (3.1%), Vitamin C: 2.21mg (2.68%), Vitamin D: 0.33µg (2.2%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.27mg (1.37%), Vitamin K: 1.18µg (1.13%)