



Impossibly Easy Pumpkin Cheesecake

 Gluten Free

READY IN



295 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 cup mrs richardson's butterscotch caramel sauce
- ☐ 8 oz cream cheese softened cut into 16 pieces,
- ☐ 3 eggs
- ☐ 1 halves pecans
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 0.8 cup sugar
- ☐ 0.3 teaspoon vanilla

- ☐ 0.5 cup frangelico
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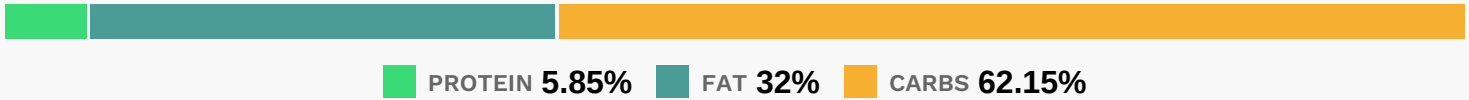
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 350F. Spray 9-inch glass pie plate with cooking spray.
- ☐ In blender, place all ingredients except caramel topping and pecan halves. Cover; blend on high speed about 2 minutes or until smooth. (Or beat in medium bowl with hand beater 2 minutes.)
- ☐ Pour into pie plate.
- ☐ Bake about 45 minutes or just until puffed and center is dry (do not overbake). Cool completely, about 1 hour. Refrigerate at least 3 hours until chilled.
- ☐ Drizzle servings with caramel topping; garnish with pecan halves. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:13.51, Inflammation Score:-10, Nutrition Score:10.133913071259%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 314.16kcal (15.71%), Fat: 11.62g (17.88%), Saturated Fat: 6.31g (39.46%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 46.3g (16.84%), Sugar: 35.99g (39.99%), Cholesterol: 90.01mg (30%), Sodium: 319.74mg (13.9%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 4.78g (9.56%), Vitamin A: 4907.17IU (98.14%),

Fiber: 4.48g (17.94%), Manganese: 0.3mg (15.17%), Selenium: 8.61µg (12.3%), Vitamin B2: 0.21mg (12.22%), Vitamin B5: 1.07mg (10.65%), Phosphorus: 98.88mg (9.89%), Folate: 29.6µg (7.4%), Calcium: 73.13mg (7.31%), Vitamin B6: 0.13mg (6.52%), Iron: 0.97mg (5.4%), Potassium: 155.95mg (4.46%), Vitamin B12: 0.26µg (4.33%), Magnesium: 15.19mg (3.8%), Zinc: 0.52mg (3.45%), Vitamin E: 0.44mg (2.94%), Copper: 0.06mg (2.92%), Vitamin C: 2.09mg (2.53%), Vitamin D: 0.33µg (2.2%), Vitamin B1: 0.02mg (1.55%), Vitamin B3: 0.25mg (1.24%)