



Maple Pumpkin Cheesecake

 Popular

READY IN



100 min.

SERVINGS



8

CALORIES



864 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 15 ounce pumpkin canned
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 24 ounce cream cheese softened
- ☐ 3 large eggs
- ☐ 1.3 cups graham cracker crumbs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon ground nutmeg

- ☐ 0.8 cup maple syrup pure
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup whipping cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ springform pan

Directions

- ☐ Preheat oven to 325 degrees.
- ☐ Combine graham cracker crumbs, sugar and butter; press firmly on bottom of 9-inch springform pan.
- ☐ In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth.
- ☐ Add pumpkin, eggs, maple syrup, cinnamon, nutmeg and salt; mix well.
- ☐ Pour into prepared pan.
- ☐ Bake 1 hour and 15 minutes or until center appears nearly set when shaken. Cool 1 hour. Cover and chill at least 4 hours.
- ☐ To serve, spoon some Maple Pecan Sauce over cheesecake.
- ☐ Maple Pecan Glaze: In medium-sized saucepan, combine whipping cream and pure maple syrup; bring to a boil. Boil rapidly 15 to 20 minutes or until slightly thickened; stir occasionally. Stir in chopped pecans. Cover and chill until served. Stir before serving.

Nutrition Facts



 **PROTEIN 6.61%**  **FAT 59.42%**  **CARBS 33.97%**

Properties

Glycemic Index:44.2, Glycemic Load:36.67, Inflammation Score:-10, Nutrition Score:21.322608678237%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg

Nutrients (% of daily need)

Calories: 864.49kcal (43.22%), Fat: 58.29g (89.67%), Saturated Fat: 29.29g (183.04%), Carbohydrates: 74.97g (24.99%), Net Carbohydrates: 72.07g (26.21%), Sugar: 60.57g (67.3%), Cholesterol: 206.13mg (68.71%), Sodium: 668.96mg (29.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Vitamin A: 10344.73IU (206.89%), Vitamin B2: 1mg (58.83%), Manganese: 1.17mg (58.57%), Phosphorus: 337.29mg (33.73%), Calcium: 321.89mg (32.19%), Selenium: 21.83µg (31.19%), Potassium: 584.67mg (16.7%), Magnesium: 60.34mg (15.08%), Vitamin B5: 1.5mg (14.99%), Vitamin E: 2.17mg (14.46%), Zinc: 2.08mg (13.89%), Vitamin B1: 0.19mg (12.46%), Fiber: 2.89g (11.57%), Iron: 2.08mg (11.53%), Vitamin K: 11.95µg (11.38%), Vitamin B12: 0.63µg (10.45%), Folate: 37.31µg (9.33%), Copper: 0.19mg (9.32%), Vitamin B6: 0.17mg (8.7%), Vitamin D: 0.95µg (6.33%), Vitamin B3: 1.02mg (5.1%), Vitamin C: 3.81mg (4.62%)