



Mini Pumpkin Cheesecake

READY IN

ready

160 min.

SERVINGS

servings

24

CALORIES

calories

241 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 15 ounce pumpkin puree canned
- ☐ 24 ounce cream cheese softened
- ☐ 4 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 24 graham cracker pie crusts mini keebler® (such as)
- ☐ 1 pinch ground cinnamon to taste
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 0.1 teaspoon pumpkin pie spice
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups whipped cream
- ☐ 1.5 cups sugar white

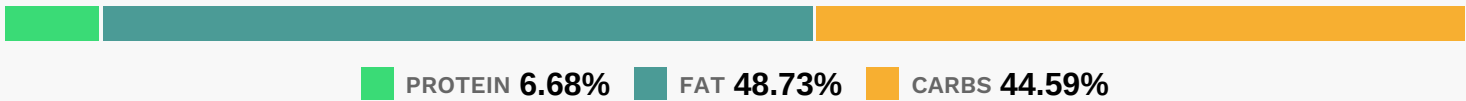
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Mix sugar, cinnamon, nutmeg, cloves, pumpkin pie spice, and flour in a small bowl.
- ☐ Beat cream cheese in a large bowl until fluffy. Beat in eggs, pumpkin puree, sour cream, vanilla extract, almond extract, and sugar and spice mixture; mix until smooth and thoroughly combined. Spoon mixture evenly into the mini pie crusts.
- ☐ Bake in preheated oven until cheesecakes are set, about 30 minutes. Cool on wire racks for 10 minutes. Refrigerate for 90 minutes before serving.
- ☐ To serve, top each mini cheesecake with whipped cream and a pinch of cinnamon.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:17.3, Inflammation Score:-9, Nutrition Score:6.4660871210306%

Nutrients (% of daily need)

Calories: 240.61kcal (12.03%), Fat: 13.25g (20.38%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 26.26g (9.55%), Sugar: 17.79g (19.76%), Cholesterol: 60.18mg (20.06%), Sodium: 193.81mg (8.43%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 4.09g (8.17%), Vitamin A: 3218.55IU (64.37%), Vitamin B2: 0.15mg (9.06%), Phosphorus: 85.23mg (8.52%), Selenium: 5.19µg (7.41%), Iron: 1.03mg (5.71%), Calcium: 53.96mg (5.4%), Magnesium: 16.65mg (4.16%), Fiber: 1.02g (4.07%), Folate: 15.98µg (3.99%), Zinc: 0.57mg (3.78%),

Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.54mg (3.62%), Vitamin B1: 0.05mg (3.5%), Vitamin K: 3.58µg (3.41%), Potassium: 118.8mg (3.39%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.06mg (2.76%), Vitamin B12: 0.14µg (2.39%), Manganese: 0.05mg (2.34%), Copper: 0.04mg (1.82%), Vitamin D: 0.16µg (1.08%)