



Mini Pumpkin Cheesecakes

READY IN



205 min.

SERVINGS



12

CALORIES



195 kcal

DESSERT

Ingredients

- 20 gingersnaps
- 2 tablespoons butter melted
- 8 oz cream cheese softened
- 0.5 cup brown sugar packed
- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 tablespoon cream sour
- 0.3 teaspoon salt
- 1 eggs
- 1 teaspoon vanilla

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg freshly grated
- 1 serving whipped cream
- 1 serving mrs richardson's butterscotch caramel sauce

Equipment

- food processor
- bowl
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 350°F. Spray mini cheesecake pan (12 cups) with cooking spray.
- In food processor, process gingersnap cookies with on/off pulses until finely ground (about 1 cup).
- Add melted butter; pulse until mixed. Press crumb mixture firmly into each cheesecake cup to form crust.
- Bake 8 minutes.
- Meanwhile, beat cream cheese and brown sugar with electric mixer on medium speed until light and fluffy. Beat in pumpkin, sour cream and salt, scraping bowl frequently.
- Add egg, vanilla, cinnamon and nutmeg; beat until well blended.
- Divide mixture evenly into crust-lined cups.
- Bake 20 to 25 minutes or until set. Cool completely in pan, about 30 minutes. Refrigerate at least 2 hours or overnight.
- Serve cheesecakes topped with whipped cream and drizzled with caramel sauce. Store in refrigerator.

Nutrition Facts



■ PROTEIN 5.07% ■ FAT 46.31% ■ CARBS 48.62%

Properties

Glycemic Index:17.25, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:4.3865216918614%

Nutrients (% of daily need)

Calories: 195.04kcal (9.75%), Fat: 10.22g (15.73%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 22.9g (8.33%), Sugar: 13.97g (15.52%), Cholesterol: 38.72mg (12.91%), Sodium: 230.48mg (10.02%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 2.52g (5.04%), Vitamin A: 1278.63IU (25.57%), Manganese: 0.25mg (12.7%), Vitamin B2: 0.11mg (6.52%), Iron: 1.03mg (5.7%), Selenium: 3.69µg (5.28%), Fiber: 1.24g (4.97%), Calcium: 45.83mg (4.58%), Phosphorus: 45.82mg (4.58%), Folate: 17.85µg (4.46%), Vitamin B5: 0.36mg (3.61%), Potassium: 103.84mg (2.97%), Magnesium: 11.02mg (2.75%), Copper: 0.05mg (2.74%), Vitamin B6: 0.05mg (2.54%), Vitamin E: 0.38mg (2.53%), Vitamin B3: 0.46mg (2.28%), Vitamin B1: 0.03mg (2.11%), Zinc: 0.25mg (1.66%), Vitamin B12: 0.09µg (1.46%)