



Mini Pumpkin Cheesecakes

READY IN



205 min.

SERVINGS



12

CALORIES



288 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter melted
- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 12 servings mrs richardson's butterscotch caramel sauce
- 8 oz cream cheese softened
- 1 eggs
- 20 gingersnaps
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg freshly grated

- 0.3 teaspoon salt
- 1 tablespoon cream sour
- 1 teaspoon vanilla
- 12 servings whipped cream

Equipment

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

Directions

- Preheat oven to 350F. 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 4.2% ■ FAT 34.51% ■ CARBS 61.29%

Properties

Glycemic Index:17.25, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:4.9426086726396%

Nutrients (% of daily need)

Calories: 288.37kcal (14.42%), Fat: 11.44g (17.61%), Saturated Fat: 6.37g (39.79%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 44.49g (16.18%), Sugar: 35.31g (39.23%), Cholesterol: 42.9mg (14.3%), Sodium: 355.95mg (15.48%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 3.14g (6.27%), Vitamin A: 1349.31IU (26.99%), Manganese: 0.27mg (13.62%), Calcium: 69.35mg (6.93%), Vitamin B2: 0.11mg (6.73%), Phosphorus: 65.02mg (6.5%), Selenium: 4.25µg (6.07%), Iron: 1.03mg (5.72%), Fiber: 1.24g (4.97%), Folate: 18.75µg (4.69%), Vitamin B5: 0.44mg (4.36%), Potassium: 136.13mg (3.89%), Magnesium: 13.46mg (3.36%), Vitamin E: 0.43mg (2.88%), Vitamin B12: 0.17µg (2.83%), Copper: 0.06mg (2.77%), Vitamin B6: 0.05mg (2.66%), Vitamin B3: 0.46mg (2.3%), Vitamin B1: 0.03mg (2.25%), Zinc: 0.27mg (1.8%)