



## PHILADELPHIA 3-STEP Double Layer Pumpkin Cheesecake

READY IN



290 min.

SERVINGS



50

CALORIES



60 kcal

DESSERT

### Ingredients

- 0.5 cup pumpkin canned
- 1 dash ground cloves
- 16 oz philadelphia cream cheese softened
- 2 eggs
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 tsp ground cinnamon
- 1 dash ground nutmeg
- 0.5 cup sugar

0.5 tsp vanilla

## Equipment

oven

blender

## Directions

Heat oven to 325F.

Beat cream cheese, sugar and vanilla with mixer until blended.

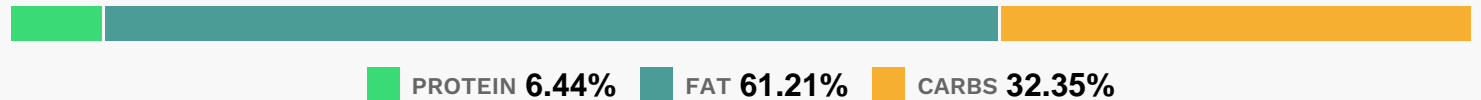
Add eggs; mix just until blended.

Remove 1 cup batter; stir in pumpkin and spices.

Pour remaining plain batter into crust; top with pumpkin batter.

Bake 40 min. or until center is almost set. Cool. Refrigerate 3 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:3.44, Glycemic Load:1.54, Inflammation Score:-3, Nutrition Score:1.416956519951%

## Nutrients (% of daily need)

Calories: 60.19kcal (3.01%), Fat: 4.16g (6.39%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.78g (1.74%), Sugar: 3.05g (3.39%), Cholesterol: 15.71mg (5.24%), Sodium: 47.22mg (2.05%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 0.98g (1.97%), Vitamin A: 512.8IU (10.26%), Manganese: 0.07mg (3.31%), Vitamin B2: 0.04mg (2.23%), Selenium: 1.43µg (2.05%), Phosphorus: 18.11mg (1.81%), Vitamin K: 1.37µg (1.3%), Vitamin E: 0.19mg (1.25%), Calcium: 11.86mg (1.19%), Folate: 4.17µg (1.04%)