



## PHILADELPHIA No-Bake Pumpkin Cheesecake

READY IN



195 min.

SERVINGS



15

CALORIES



175 kcal

DESSERT

### Ingredients

- 1 cup pumpkin canned
- 8 oz philadelphia cream cheese softened
- 6 oz ready-to-use graham cracker crumb crust
- 0.5 tsp pumpkin pie spice
- 0.5 cup sugar
- 8 oz cool whip whipped topping divided thawed

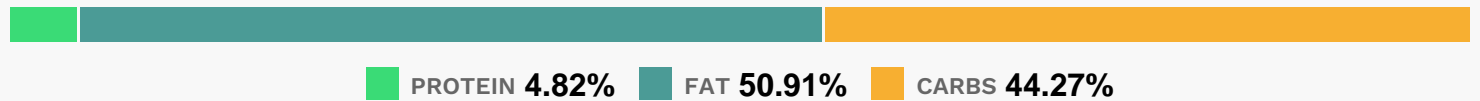
### Equipment

- blender

## Directions

- Beat cream cheese, pumpkin, sugar and pumpkin pie spice with mixer until blended. Gently stir in 2-1/2 cups COOL WHIP.
- Spoon into crust.
- Refrigerate 3 hours or until firm.
- Serve topped with remaining COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:6.47, Glycemic Load:4.88, Inflammation Score:-9, Nutrition Score:5.0634783195413%

## Nutrients (% of daily need)

Calories: 175.01kcal (8.75%), Fat: 10.07g (15.49%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 19g (6.91%), Sugar: 13.39g (14.87%), Cholesterol: 15.57mg (5.19%), Sodium: 112.69mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin A: 2756.46IU (55.13%), Manganese: 0.18mg (9.06%), Vitamin K: 5.9µg (5.62%), Vitamin B2: 0.08mg (4.86%), Phosphorus: 46.42mg (4.64%), Vitamin E: 0.59mg (3.93%), Calcium: 33.39mg (3.34%), Iron: 0.57mg (3.16%), Selenium: 2.07µg (2.96%), Folate: 11.16µg (2.79%), Fiber: 0.7g (2.79%), Copper: 0.05mg (2.39%), Potassium: 82.2mg (2.35%), Vitamin B3: 0.46mg (2.28%), Magnesium: 8.86mg (2.22%), Vitamin B1: 0.03mg (2.09%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.47%), Vitamin B12: 0.06µg (1.06%)