



## PHILADELPHIA Pumpkin Swirl Cheesecake

 Vegetarian  Gluten Free  Popular

READY IN



305 min.

SERVINGS



12

CALORIES



349 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 cup pumpkin canned
- 750 g philadelphia brick cream cheese softened
- 3 eggs
- 18 peek freans ginger crisps crushed
- 1 teaspoon ground cinnamon
- 1 dash ground cloves
- 0.3 teaspoon ground nutmeg

- 0.3 cup pecans finely chopped
- 0.8 cup sugar divided
- 1 teaspoon vanilla

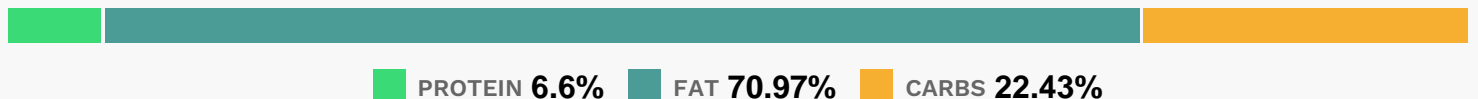
## Equipment

- bowl
- oven
- knife
- hand mixer
- springform pan

## Directions

- Heat oven to 350 degrees F.
- Combine cookie crumbs, pecans and butter. Press onto bottom of 9 inch springform pan.
- Beat cream cheese, 1/2 cup of the sugar and vanilla with electric mixer until well blended.
- Add eggs, one at a time, mixing on low speed after each addition just until blended.
- Remove 1 cup plain batter; place in small bowl. Stir remaining 1/4 cup sugar, pumpkin and spices into remaining batter. Spoon pumpkin batter into crust; top with spoonfuls of reserved plain batter.
- Cut through batters with knife several times for marble effect.
- Bake 45 minutes or until centre is almost set. Cool completely. Refrigerate 4 hours or overnight.
- Cut into 12 slices. Store leftover cheesecake in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:20.59, Glycemic Load:9.93, Inflammation Score:-10, Nutrition Score:8.9808695834616%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 349.36kcal (17.47%), Fat: 28.22g (43.42%), Saturated Fat: 15.61g (97.54%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 18.92g (6.88%), Sugar: 15.87g (17.63%), Cholesterol: 114.21mg (38.07%), Sodium: 245.07mg (10.66%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.91g (11.82%), Vitamin A: 4196.34IU (83.93%), Selenium: 9.13µg (13.04%), Vitamin B2: 0.22mg (12.71%), Manganese: 0.25mg (12.41%), Phosphorus: 107.1mg (10.71%), Calcium: 78.93mg (7.89%), Vitamin E: 1.05mg (7%), Vitamin B5: 0.65mg (6.54%), Potassium: 196.22mg (5.61%), Vitamin K: 5.2µg (4.96%), Magnesium: 19.43mg (4.86%), Copper: 0.09mg (4.72%), Fiber: 1.15g (4.58%), Vitamin B6: 0.09mg (4.38%), Zinc: 0.64mg (4.26%), Vitamin B12: 0.24µg (4.06%), Iron: 0.7mg (3.88%), Folate: 15.1µg (3.78%), Vitamin B1: 0.04mg (2.79%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.22µg (1.47%), Vitamin B3: 0.25mg (1.26%)