



Pumpkin-Almond Cheesecake

READY IN



720 min.

SERVINGS



14

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 4 ounces almond paste
- ☐ 3 tablespoons almonds toasted sliced
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cake flour
- ☐ 1.5 teaspoons plus
- ☐ 3 ounces weight cream cheese fat-free softened
- ☐ 1 tablespoon rum dark
- ☐ 2 large eggs

- ☐ 3 large eggs
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.3 cup greek yogurt plain 2% reduced-fat
- ☐ 1.3 cups pumpkin puree unsweetened canned
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar
- ☐ 6 tablespoons sugar
- ☐ 1 vanilla pod split
- ☐ 1.5 tablespoons water
- ☐ 14 tablespoons cool whip fat-free frozen thawed

Equipment

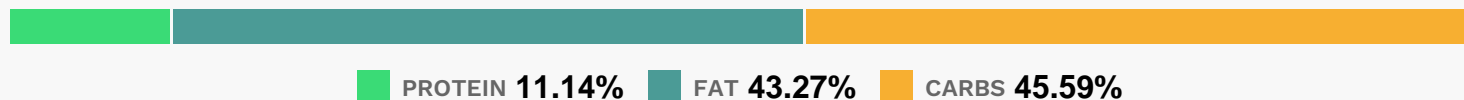
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35

- ☐ To prepare almond cake, combine 6 tablespoons sugar, 1/4 cup butter, 1/8 teaspoon salt, and 4 ounces almond paste in a large bowl; beat with an electric mixer at medium speed until light and fluffy (about 3 minutes).
- ☐ Add 2 eggs, 1 at a time, beating well after each addition. Weigh or lightly spoon cake flour into a dry measuring cup; level with a knife. Stir flour and rum into sugar mixture.
- ☐ Spread the batter evenly into a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack (do not remove or loosen sides of springform pan).
- ☐ Reduce oven temperature to 30
- ☐ To prepare the cheesecake, place softened cheeses, 1/2 cup sugar, and salt in a large bowl; beat with a mixer at medium speed just until blended.
- ☐ Add 3 eggs, 1 at a time, beating at low speed just until each addition is incorporated. Scrape seeds from vanilla bean, and reserve bean for another use.
- ☐ Add seeds, pumpkin, yogurt, and ginger to cream cheese mixture; beat at low speed just until blended.
- ☐ Pour the cream cheese mixture evenly over top of cooled almond cake.
- ☐ Bake at 300 for 1 hour or until cheesecake center barely moves when pan is touched.
- ☐ Remove cheesecake from oven, and run a knife around outside edge. Cool to room temperature on a wire rack. Cover and chill for 8 hours or overnight.
- ☐ To prepare brittle, line a baking sheet with parchment paper; coat parchment paper with cooking spray.
- ☐ Combine 1/2 cup sugar, 1 1/2 tablespoons water, and corn syrup in a small saucepan; bring to a boil, stirring just until sugar dissolves. Cook, without stirring, for 7 minutes or until mixture is golden.
- ☐ Remove from heat. Stir in almonds and butter. Quickly spread sugar mixture in a thin, even layer over prepared parchment; cool completely. Break into 14 pieces. Slice cheesecake into 14 slices; top each serving with 1 tablespoon whipped topping and 1 piece brittle.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:9.8, Inflammation Score:-9, Nutrition Score:8.6760868145072%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 196.46kcal (9.82%), Fat: 9.61g (14.78%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 21.41g (7.79%), Sugar: 18.12g (20.13%), Cholesterol: 78.98mg (26.33%), Sodium: 131.76mg (5.73%), Alcohol: 0.36g (100%), Alcohol %: 0.51% (100%), Protein: 5.57g (11.13%), Vitamin A: 3638.48IU (72.77%), Vitamin E: 2.19mg (14.62%), Vitamin B2: 0.21mg (12.6%), Phosphorus: 118.98mg (11.9%), Selenium: 7.93µg (11.33%), Manganese: 0.18mg (9.09%), Calcium: 68.75mg (6.87%), Magnesium: 26.43mg (6.61%), Folate: 21.99µg (5.5%), Fiber: 1.37g (5.46%), Vitamin B12: 0.33µg (5.42%), Copper: 0.1mg (5.22%), Iron: 0.87mg (4.85%), Vitamin B5: 0.46mg (4.63%), Zinc: 0.62mg (4.1%), Potassium: 143.27mg (4.09%), Vitamin K: 3.94µg (3.75%), Vitamin B6: 0.06mg (3.06%), Vitamin B1: 0.04mg (2.42%), Vitamin D: 0.36µg (2.38%), Vitamin B3: 0.35mg (1.76%), Vitamin C: 0.93mg (1.12%)