



## Pumpkin Brulee Cheesecake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



149 kcal

DESSERT

### Ingredients

- 15 ounce pumpkin puree canned
- 2 large egg whites at room temperature
- 2 large eggs at room temperature
- 2 tablespoons flour all-purpose
- 8 sheets honey graham crackers
- 0.3 cup granulated sugar
- 0.5 teaspoon kosher salt
- 0.5 cup brown sugar light packed

- 0.7 cup yogurt plain 2% low-fat greek style ()
- 1 tablespoon pumpkin pie spice
- 1 tablespoon butter unsalted melted
- 1 tablespoon vanilla extract

## Equipment

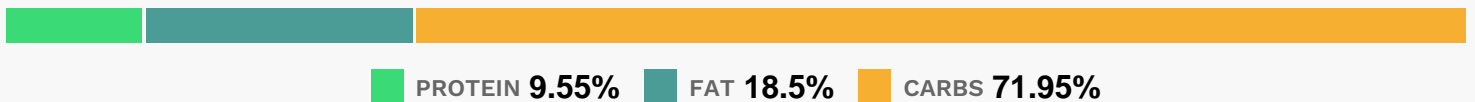
- food processor
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- hand mixer
- roasting pan
- broiler
- spatula
- springform pan

## Directions

- Position the oven racks in center and lower third of your oven. Fill a roasting pan about half full of water and place on the lower rack. This will create a moist environment for the cheesecake and help prevent cracking. Preheat the oven to 325 degrees F.
- Coat a 9-inch springform pan with nonstick cooking spray.
- Put the graham crackers and 1 tablespoon of granulated sugar in the bowl of a food processor and grind until fine.
- Add the butter and two tablespoons of water and pulse until moistened. Press into the bottom of the prepared springform pan.
- Bake until set and golden brown, about 10 minutes. Cool completely.

- Combine the cream cheese, brown sugar, 1/3 cup granulated sugar and salt in a large bowl. Beat, with an electric mixer on medium speed, until smooth and fluffy.
- Add the yogurt, egg and egg whites, reduce the mixer speed to low, and continue to beat until blended.
- Add the pumpkin, flour, vanilla and pumpkin pie spice. Reduce the mixer speed to low and beat until just combined. Stir with a spatula a few times to make sure all the ingredients are incorporated and to release any air bubbles in the batter that could cause the cheesecake to crack.
- Pour the batter over the crust and rap the pan against the countertop a few times to bring any trapped air bubbles to the surface.
- Place the cheesecake on the center rack in the oven.
- Bake until just set and the center wiggles slightly, about 1 hour to 1 hour and 10 minutes. Turn the oven off and crack the door open.
- Let sit in the oven for 15 minutes and then transfer to a wire rack to cool. Run a thin sharp knife between the cheesecake and then pan to release the sides. Cool completely and then chill until cold, at least 4 hours, or overnight.
- Before serving, remove the cheesecake from the refrigerator and release the sides of the pan.
- Sprinkle the remaining 2 tablespoons sugar over the top of the cheesecake and brulee the sugar with a kitchen torch or under the broiler for a few seconds.

## Nutrition Facts



## Properties

Glycemic Index:18.26, Glycemic Load:9.6, Inflammation Score:-10, Nutrition Score:8.5513043299965%

## Nutrients (% of daily need)

Calories: 148.94kcal (7.45%), Fat: 3.09g (4.75%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 27g (9%), Net Carbohydrates: 25.55g (9.29%), Sugar: 18.96g (21.07%), Cholesterol: 34.33mg (11.44%), Sodium: 193.8mg (8.43%), Alcohol: 0.37g (100%), Alcohol %: 0.52% (100%), Protein: 3.59g (7.17%), Vitamin A: 5597.45IU (111.95%), Vitamin B2: 0.14mg (8.37%), Manganese: 0.15mg (7.65%), Phosphorus: 70.83mg (7.08%), Iron: 1.27mg (7.03%), Selenium: 4.87µg (6.96%), Calcium: 58.27mg (5.83%), Fiber: 1.45g (5.81%), Vitamin K: 5.95µg (5.67%), Magnesium: 19.51mg (4.88%), Potassium: 160.69mg (4.59%), Folate: 16.71µg (4.18%), Vitamin B5: 0.38mg (3.8%), Vitamin E: 0.5mg (3.36%), Vitamin B1: 0.05mg (3.33%), Zinc: 0.5mg (3.32%), Vitamin B3: 0.61mg (3.05%), Copper: 0.06mg (2.99%), Vitamin

B6: 0.06mg (2.85%), Vitamin B12: 0.16µg (2.62%), Vitamin C: 1.71mg (2.08%), Vitamin D: 0.18µg (1.23%)