



Pumpkin-Caramel Cheesecake

READY IN



630 min.

SERVINGS



16

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 1.5 cups gingersnaps crushed finely (30 cookies)
- ☐ 0.3 cup butter melted
- ☐ 24 oz cream cheese softened
- ☐ 0.5 cup butter softened (do not use margarine)
- ☐ 1 cup granulated sugar
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 eggs

- ☐ 0.5 cup almonds sliced
- ☐ 3 tablespoons granulated sugar
- ☐ 1 cup whipping cream
- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon vanilla

Equipment

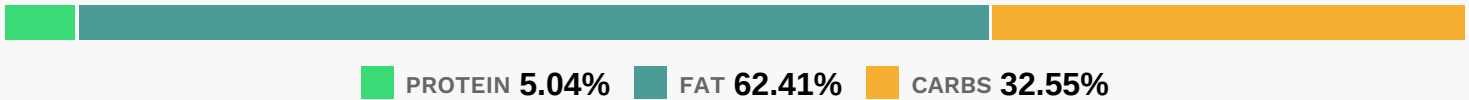
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. Spray bottom of 9-inch springform pan with cooking spray. Wrap foil around outside of bottom and side of pan to catch drips. In small bowl, stir crust ingredients until well mixed. Press mixture in bottom of pan.
- ☐ Bake 10 to 12 minutes or until set.
- ☐ Meanwhile, in large bowl, beat cream cheese with electric mixer on medium speed just until smooth and creamy. Beat in 1/2 cup butter until creamy. Do not overbeat. On low speed, gradually beat in sugar.
- ☐ Add pumpkin; beat until blended. Beat in caramel topping and flour. Beat in eggs, 1 at a time, just until blended.
- ☐ Reduce oven temperature to 325°F.
- ☐ Pour filling into partially baked crust.
- ☐ Place springform in large roasting pan; pour hot water into roasting pan until one-fourth full.

- ☐ Bake 1 hour 15 minutes to 1 hour 25 minutes or until edge of cheesecake is set at least 2 inches from edge of pan but center of cheesecake still jiggles slightly when moved. Cool in pan on cooling rack 30 minutes. With sharp knife, loosen cheesecake from side of pan. Cover cheesecake; refrigerate at least 8 hours.
- ☐ In 10-inch nonstick skillet, cook almonds over medium heat 4 to 6 minutes, stirring constantly, until just beginning to brown; sprinkle 3 tablespoons granulated sugar over almonds. Continue cooking and stirring 2 to 3 minutes longer or until sugar is melted and almonds are coated.
- ☐ Spread almond mixture on sheet of foil sprayed with cooking spray. Cool 2 to 3 minutes; break apart.
- ☐ In chilled medium bowl, beat remaining topping ingredients with electric mixer on high speed until soft peaks form. Run knife around edge of pan to loosen cheesecake again; carefully remove side of pan.
- ☐ Cut cheesecake into wedges; place on individual dessert plates. Top each wedge with whipped cream and almonds.

Nutrition Facts



Properties

Glycemic Index:15.76, Glycemic Load:11.73, Inflammation Score:-9, Nutrition Score:8.4604347063148%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 449.56kcal (22.48%), Fat: 31.9g (49.08%), Saturated Fat: 14.43g (90.18%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 35.41g (12.88%), Sugar: 24.53g (27.26%), Cholesterol: 90.45mg (30.15%), Sodium: 368.22mg (16.01%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.79g (11.58%), Vitamin A: 2621.81IU (52.44%), Manganese: 0.32mg (16.02%), Vitamin B2: 0.26mg (15.36%), Vitamin E: 1.76mg (11.75%), Selenium: 8.15µg (11.65%), Phosphorus: 107.47mg (10.75%), Calcium: 86.1mg (8.61%), Fiber: 2.03g (8.12%), Iron: 1.25mg (6.96%), Folate: 27.52µg (6.88%), Vitamin B5: 0.68mg (6.81%), Magnesium: 22.66mg (5.66%), Potassium: 175.96mg (5.03%),

Copper: 0.09mg (4.63%), Vitamin B6: 0.09mg (4.32%), Vitamin B1: 0.06mg (3.86%), Zinc: 0.56mg (3.74%), Vitamin B12: 0.21µg (3.57%), Vitamin B3: 0.65mg (3.27%), Vitamin D: 0.4µg (2.69%), Vitamin K: 1.66µg (1.58%)