



Pumpkin, Caramel & Pecan Cheesecake

 Very Healthy

READY IN



360 min.

SERVINGS



1

CALORIES



7629 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 15 oz pumpkin canned
- 25 caramels kraft
- 32 oz philadelphia cream cheese softened
- 4 eggs
- 1.5 cups gingersnaps crushed finely
- 0.3 cup milk
- 0.5 cup planters pecans divided chopped

- 1 Tbsp pumpkin pie spice
- 1 cup sugar
- 1 tsp vanilla
- 1 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- blender
- microwave

Directions

- Heat oven to 325F.
- Chop 1/4 cup nuts finely; place in medium bowl.
- Add gingersnap crumbs and butter; mix well. Press onto bottom of 13x9-inch pan.
- Beat cream cheese and sugar in large bowl with mixer until blended.
- Add pumpkin, spice and vanilla; mix well.
- Add eggs, 1 at a time, mixing on low speed after each just until blended.
- Pour over crust.
- Bake 45 min. or until center is almost set. Cool completely. Refrigerate 4 hours.
- Microwave caramels and milk in microwaveable bowl on HIGH 1-1/2 min. or until caramels are completely melted, stirring every 30 sec.; spoon over individual servings of cheesecake.
- Sprinkle with remaining nuts.
- Serve with whipped cream.

Nutrition Facts

  
 PROTEIN 6.02%  FAT 61.81%  CARBS 32.17%

Properties

Glycemic Index:210.09, Glycemic Load:279.56, Inflammation Score:-10, Nutrition Score:84.97130485203%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

Nutrients (% of daily need)

Calories: 7628.66kcal (381.43%), Fat: 537.4g (826.77%), Saturated Fat: 268.51g (1678.19%), Carbohydrates: 629.2g (209.73%), Net Carbohydrates: 607.56g (220.93%), Sugar: 458.69g (509.66%), Cholesterol: 1864.74mg (621.58%), Sodium: 5300.85mg (230.47%), Alcohol: 1.44g (100%), Alcohol %: 0.07% (100%), Protein: 117.77g (235.55%), Vitamin A: 85092.53IU (1701.85%), Manganese: 6.58mg (329.16%), Vitamin B2: 4.92mg (289.63%), Selenium: 158.8µg (226.85%), Phosphorus: 2250.37mg (225.04%), Calcium: 1889.05mg (188.9%), Vitamin E: 21.73mg (144.88%), Iron: 23.89mg (132.7%), Vitamin B5: 13.07mg (130.75%), Potassium: 4029.56mg (115.13%), Magnesium: 419.83mg (104.96%), Vitamin K: 107.48µg (102.36%), Folate: 395.18µg (98.8%), Copper: 1.97mg (98.6%), Vitamin B1: 1.4mg (93.3%), Fiber: 21.64g (86.57%), Zinc: 12.78mg (85.22%), Vitamin B12: 5.08µg (84.65%), Vitamin B6: 1.6mg (80.23%), Vitamin D: 8µg (53.33%), Vitamin B3: 9.33mg (46.66%), Vitamin C: 22.26mg (26.98%)