



## Pumpkin Cheese Tart

READY IN



80 min.

SERVINGS



10

CALORIES



354 kcal

DESSERT

## Ingredients

- ☐ 0.3 cup oats
- ☐ 1 cup cookie crumbs ( 20 cookies)
- ☐ 3 tablespoons butter melted
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 16 oz cream cheese reduced-fat
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons skim milk fat-free (skim)
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon vanilla

- ☐ 1 eggs
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.3 cup plus
- ☐ 2 tablespoons water
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon vanilla

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ tart form

## Directions

- ☐ Heat oven to 375°F. Spray 10-inch tart pan with removable bottom with cooking spray. In small bowl, mix crust ingredients. Press in bottom and up side of pan.
- ☐ Bake 6 to 8 minutes or until set; set aside.
- ☐ In large bowl, beat cream cheese filling ingredients with electric mixer on medium speed until smooth and creamy. Reserve 2/3 cup cream cheese filling; set aside.
- ☐ In small bowl, mix pumpkin filling ingredients.
- ☐ Add to remaining cream cheese filling; mix well. Spoon into crust. Spoon dollops of reserved cream cheese filling randomly over pumpkin filling. Swirl with knife to marble mixtures.

- ☐ Bake 25 to 30 minutes or until set. Cool 10 minutes.
- ☐ Remove side of pan.
- ☐ Serve warm, or cool 1 hour and refrigerate until serving time.
- ☐ Just before serving, in 1-quart saucepan, heat caramel sauce ingredients to boiling over medium heat, stirring constantly. Boil 1 minute.
- ☐ Remove from heat.
- ☐ Serve warm over tart. Cover and refrigerate any remaining tart.

## Nutrition Facts



## Properties

Glycemic Index:36.46, Glycemic Load:11.49, Inflammation Score:-9, Nutrition Score:8.5608694708866%

## Nutrients (% of daily need)

Calories: 353.86kcal (17.69%), Fat: 14.77g (22.73%), Saturated Fat: 6.07g (37.94%), Carbohydrates: 51.46g (17.15%), Net Carbohydrates: 48.77g (17.73%), Sugar: 36.35g (40.39%), Cholesterol: 41.14mg (13.71%), Sodium: 327.91mg (14.26%), Alcohol: 0.1g (100%), Alcohol %: 0.09% (100%), Protein: 5.79g (11.57%), Vitamin A: 2742.54IU (54.85%), Manganese: 0.32mg (15.81%), Phosphorus: 121.55mg (12.15%), Calcium: 113.69mg (11.37%), Vitamin B2: 0.19mg (11.17%), Fiber: 2.69g (10.75%), Vitamin B5: 0.87mg (8.72%), Vitamin B12: 0.51µg (8.58%), Selenium: 5.77µg (8.24%), Folate: 30.92µg (7.73%), Potassium: 218.16mg (6.23%), Vitamin B1: 0.09mg (6.06%), Iron: 1.06mg (5.87%), Magnesium: 20.57mg (5.14%), Vitamin B6: 0.09mg (4.74%), Zinc: 0.62mg (4.12%), Vitamin E: 0.61mg (4.06%), Copper: 0.07mg (3.34%), Vitamin B3: 0.59mg (2.96%), Vitamin D: 0.32µg (2.16%), Vitamin K: 1.74µg (1.66%), Vitamin C: 0.98mg (1.19%)