



## Pumpkin Cheesecake

READY IN



40 min.

SERVINGS



10

CALORIES



524 kcal

DESSERT

### Ingredients

- 1 cup pumpkin puree canned
- 1.5 cups gingersnap cookie crumbs (from 30 cookies)
- 24 oz cream cheese at room temperature
- 2 large eggs plus egg yolks at room temperature
- 1.5 tablespoons flour all-purpose
- 0.5 cup brown sugar light packed
- 0.5 cup pecans finely chopped
- 2 teaspoons pumpkin-pie spice
- 0.5 cup heavy whipping cream sour at room temperature

- 0.3 cup sugar
- 6 tablespoons butter unsalted melted
- 2 teaspoons vanilla extract

## Equipment

- oven
- wire rack
- hand mixer
- roasting pan
- aluminum foil
- springform pan

## Directions

- Make crust: Preheat oven to 350F. Butter an 8-inch springform pan. Cover outside of pan with 2 layers of foil. Stir together all crust ingredients. Press into bottom and up sides of pan.
- Bake for 10 minutes.
- Let cool on a rack.
- Make filling: With an electric mixer on medium speed, beat cream cheese and both sugars until light. Beat in eggs and yolks, 1 at a time. Beat in pumpkin, sour cream and vanilla. Reduce speed to low; beat in flour and spice.
- Pour into crust.
- Place cheesecake in a large roasting pan; fill pan with 2 inches of hot water.
- Bake until cake is set around edges but still slightly jiggly when lightly shaken (cheesecake will firm as it cools), 55 to 65 minutes.
- Transfer to a wire rack and let cool to room temperature. Cover and chill for at least 10 hours or up to 2 days.

## Nutrition Facts



**PROTEIN 5.09%** **FAT 69.65%** **CARBS 25.26%**

## Properties

Glycemic Index:24.61, Glycemic Load:11.15, Inflammation Score:-10, Nutrition Score:11.875652168108%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

## Nutrients (% of daily need)

Calories: 523.99kcal (26.2%), Fat: 41.35g (63.62%), Saturated Fat: 21.16g (132.25%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 32.21g (11.71%), Sugar: 23.03g (25.59%), Cholesterol: 130.28mg (43.43%), Sodium: 277.37mg (12.06%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Protein: 6.8g (13.61%), Vitamin A: 5074.28IU (101.49%), Manganese: 0.44mg (21.85%), Vitamin B2: 0.27mg (15.99%), Selenium: 10.08µg (14.4%), Phosphorus: 132.56mg (13.26%), Calcium: 108.31mg (10.83%), Vitamin E: 1.62mg (10.81%), Vitamin B1: 0.13mg (8.57%), Vitamin K: 8.09µg (7.71%), Folate: 30.58µg (7.65%), Vitamin B5: 0.75mg (7.47%), Iron: 1.32mg (7.31%), Copper: 0.13mg (6.65%), Potassium: 215.69mg (6.16%), Fiber: 1.52g (6.07%), Magnesium: 23.82mg (5.95%), Zinc: 0.85mg (5.65%), Vitamin B6: 0.1mg (4.88%), Vitamin B12: 0.25µg (4.24%), Vitamin B3: 0.81mg (4.07%), Vitamin D: 0.31µg (2.06%), Vitamin C: 1.29mg (1.56%)