



Pumpkin Cheesecake

READY IN



45 min.

SERVINGS



16

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 1 Dash allspice
- ☐ 0.5 cup brown sugar packed
- ☐ 15 ounce pumpkin canned
- ☐ 24 ounce blocks cream cheese fat-free softened
- ☐ 4 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine melted
- ☐ 2 teaspoons vanilla extract
- ☐ 8 ounces vanilla wafers reduced-fat
- ☐ 16 ounce blocks softened

Equipment

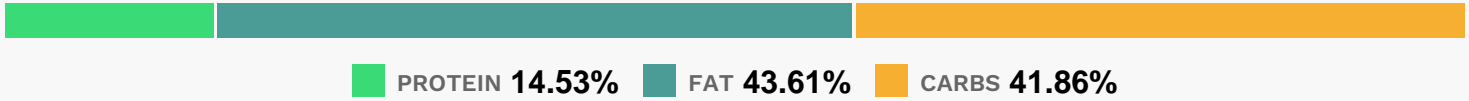
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat oven to 400
- ☐ To prepare crust, place wafers in a food processor; pulse 2 to 3 times or until finely ground.
- ☐ Add butter; pulse 10 times or until mixture resembles coarse meal. Firmly press mixture into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 400 for 10 minutes; cool on a wire rack.
- ☐ Reduce oven temperature to 325
- ☐ To prepare filling, beat cheeses with a mixer at high speed until smooth.
- ☐ Add the granulated sugar and next 8 ingredients (granulated sugar through vanilla), beating well.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add pumpkin; beat well.

- ☐ Pour cheese mixture into prepared crust; bake at 325 for 1 1/2 hours or until almost set.
(Cheesecake is done when the center barely moves when pan is touched.)
- ☐ Remove cheesecake from oven; run a knife around outside edge. Cool to room temperature; cover and chill at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:13.41, Inflammation Score:-10, Nutrition Score:11.540434826975%

Nutrients (% of daily need)

Calories: 300.84kcal (15.04%), Fat: 14.72g (22.65%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 30.68g (11.16%), Sugar: 21.79g (24.22%), Cholesterol: 80.38mg (26.79%), Sodium: 510.85mg (22.21%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 11.04g (22.08%), Vitamin A: 4641.24IU (92.82%), Phosphorus: 295.24mg (29.52%), Calcium: 199.27mg (19.93%), Vitamin B2: 0.29mg (17.13%), Selenium: 9.11µg (13.01%), Folate: 41.73µg (10.43%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.83mg (8.34%), Potassium: 254.34mg (7.27%), Vitamin B1: 0.11mg (7.07%), Zinc: 1.01mg (6.71%), Manganese: 0.12mg (5.85%), Magnesium: 21.03mg (5.26%), Vitamin K: 5.01µg (4.78%), Iron: 0.85mg (4.73%), Vitamin E: 0.7mg (4.65%), Fiber: 1.12g (4.49%), Vitamin B6: 0.08mg (3.89%), Vitamin B3: 0.7mg (3.52%), Copper: 0.07mg (3.3%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.17mg (1.42%)