



## Pumpkin Cheesecake

READY IN



45 min.

SERVINGS



8

CALORIES



455 kcal

DESSERT

### Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 8 ounce bar cream cheese at room temperature
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 2 cups graham cracker crumbs (from 14 graham crackers)
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons granulated sugar
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.5 cup butter unsalted melted (1 stick)

☐ 1 teaspoon vanilla extract pure

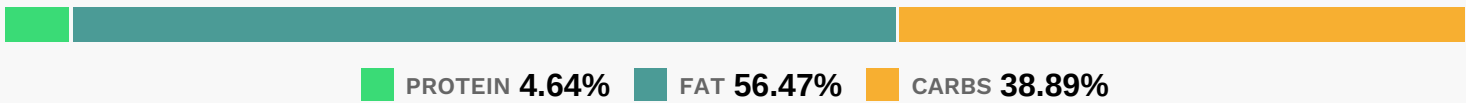
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ springform pan
- ☐ measuring cup

Directions

- ☐ Make the Crust
- ☐ Heat oven to 400 F. In a medium bowl, combine the graham cracker crumbs, sugar, and butter.
- ☐ Transfer to a 9-inch springform pan. Using a straight-sided dry measuring cup, press the mixture into the bottom and 2 inches up the sides of the pan.
- ☐ Bake until set, 8 to 10 minutes.
- ☐ Let cool.
- ☐ Make and Chill the Filling
- ☐ Sprinkle the gelatin over 1/4 cup boiling water.
- ☐ Let stand, stirring occasionally, until dissolved, about 5 minutes. Using an electric mixer, beat the cream cheese until smooth.
- ☐ Mix in the pumpkin, sour cream, sugar, pumpkin pie spice, and vanilla.
- ☐ Mix in the gelatin mixture until incorporated.
- ☐ Pour the mixture into the crust and refrigerate, covered, until firm, at least 2 hours and up to 2 days.

Nutrition Facts



Properties

Glycemic Index:30.15, Glycemic Load:26.92, Inflammation Score:-10, Nutrition Score:10.503043501273%

Nutrients (% of daily need)

Calories: 454.84kcal (22.74%), Fat: 29.22g (44.95%), Saturated Fat: 16.36g (102.23%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 42.95g (15.62%), Sugar: 30.45g (33.83%), Cholesterol: 76.1mg (25.37%), Sodium: 242.8mg (10.56%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 5.41g (10.81%), Vitamin A: 9188.27IU (183.77%), Vitamin B2: 0.2mg (12.04%), Phosphorus: 117.58mg (11.76%), Vitamin K: 10.67µg (10.16%), Iron: 1.78mg (9.89%), Calcium: 94.52mg (9.45%), Fiber: 2.33g (9.32%), Manganese: 0.17mg (8.41%), Vitamin E: 1.26mg (8.37%), Magnesium: 31.26mg (7.82%), Potassium: 228.07mg (6.52%), Selenium: 4.38µg (6.26%), Vitamin B3: 1.06mg (5.31%), Folate: 21.13µg (5.28%), Zinc: 0.76mg (5.09%), Vitamin B1: 0.07mg (4.97%), Copper: 0.1mg (4.96%), Vitamin B5: 0.49mg (4.88%), Vitamin B6: 0.08mg (4.05%), Vitamin C: 2.61mg (3.16%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.21µg (1.42%)