



## Pumpkin Cheesecake Bars

READY IN



15 min.

SERVINGS



15

CALORIES



275 kcal

DESSERT

### Ingredients

- 1 cup pumpkin puree canned
- 20 crème-filled chocolate sandwich cookies
- 16 oz cream cheese at room temperature
- 3 large eggs at room temperature
- 3 tablespoons flour all-purpose
- 1 teaspoon pumpkin pie spice
- 0.3 teaspoon salt
- 1 cup sugar
- 2.5 tablespoons butter unsalted melted

1 teaspoon vanilla extract

## Equipment

food processor

frying pan

baking sheet

oven

plastic wrap

hand mixer

aluminum foil

## Directions

Preheat oven to 350F. Line an 8-inch-square pan with foil so that foil overhangs sides. Mist with cooking spray.

Make crust: Process cookies in food processor until ground. Pulse in butter. Press evenly into pan.

Bake until firm, 10 to 12 minutes. Cool slightly.

Make filling: With an electric mixer on medium speed, beat cream cheese and sugar until smooth, about 2 minutes. Beat in pumpkin, then eggs, 1 at a time. Beat in vanilla, flour, spice and salt until just combined.

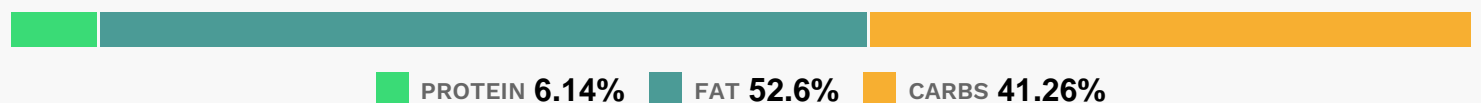
Pour mixture into pan. Put pan on a large rimmed baking sheet; place in oven.

Pour hot water into baking sheet until it's nearly filled.

Bake until cheesecake is set around edges but jiggles slightly in center, 40 to 45 minutes.

Remove pan from sheet; cool completely on rack. Cover with plastic wrap. Chill until firm, at least 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:11.47, Glycemic Load:10.59, Inflammation Score:-9, Nutrition Score:7.5404348684394%

## Nutrients (% of daily need)

Calories: 274.68kcal (13.73%), Fat: 16.42g (25.26%), Saturated Fat: 8.56g (53.49%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 27.98g (10.17%), Sugar: 21.58g (23.98%), Cholesterol: 72.76mg (24.25%), Sodium: 211.32mg (9.19%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.32g (8.63%), Vitamin A: 3061.05IU (61.22%), Iron: 2.47mg (13.75%), Selenium: 7.19µg (10.27%), Vitamin B2: 0.17mg (10.2%), Manganese: 0.17mg (8.58%), Phosphorus: 75.11mg (7.51%), Vitamin K: 7.87µg (7.49%), Vitamin E: 0.99mg (6.61%), Folate: 21.99µg (5.5%), Vitamin B5: 0.45mg (4.48%), Calcium: 44.42mg (4.44%), Copper: 0.09mg (4.39%), Fiber: 1g (3.99%), Magnesium: 15.79mg (3.95%), Vitamin B1: 0.06mg (3.9%), Potassium: 128.52mg (3.67%), Vitamin B3: 0.6mg (3.02%), Zinc: 0.44mg (2.96%), Vitamin B12: 0.16µg (2.66%), Vitamin B6: 0.05mg (2.4%), Vitamin D: 0.23µg (1.57%)