



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

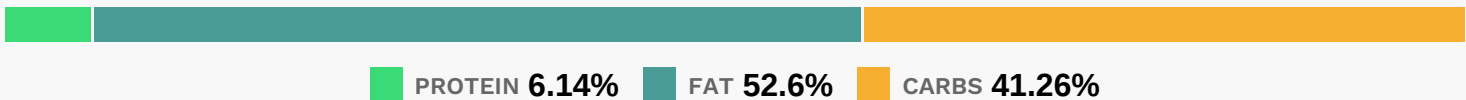
Equipment

- ☐ 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%)