



## Pumpkin Cheesecake Bars

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 8 teaspoons butter chilled cut into small pieces
- ☐ 8 ounce cream cheese fat-free softened
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 0.8 cup egg substitute
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup pecans chopped
- ☐ 1.3 cups pumpkin unsweetened canned
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 teaspoons water

## Equipment

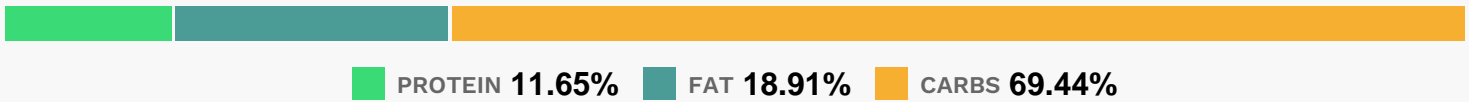
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add flour to pan; cook 5 minutes or until light brown, stirring often.
- ☐ Remove pan from heat.
- ☐ Transfer flour to a bowl; cool completely.
- ☐ Combine cooled flour, 1/2 cup brown sugar, and salt in a food processor; pulse 5 times or until combined.

- ☐ Add chilled butter; pulse until mixture resembles fine meal. Press 1 cup of flour mixture evenly into the bottom of a 13 x 9-inch baking dish coated with cooking spray; reserve the remaining flour mixture.
- ☐ Bake at 350 for 10 minutes or until crust is lightly browned.
- ☐ To prepare filling, spread pumpkin in an even layer on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 5 minutes.
- ☐ Combine granulated sugar, 1/2 cup dark brown sugar, and cream cheeses in a bowl. Beat with an electric mixer at medium speed 2 minutes or until smooth. Scrape pumpkin into bowl using a rubber spatula.
- ☐ Add egg substitute, cinnamon, vanilla, allspice, and egg; beat until smooth. Scrape batter into baked crust.
- ☐ Combine reserved flour mixture and pecans in a small bowl; sprinkle with 2 teaspoons water. Squeeze handfuls of topping to form large pieces. Crumble over filling.
- ☐ Bake at 350 for 40 minutes or until filling is firmly set.
- ☐ Remove from heat; cool in pan on wire rack to room temperature.
- ☐ Cut into 12 portions.
- ☐ Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:18.76, Glycemic Load:14.64, Inflammation Score:-10, Nutrition Score:10.843043607214%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 243.03kcal (12.15%), Fat: 5.18g (7.98%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 41.36g (15.04%), Sugar: 28.5g (31.66%), Cholesterol: 24.93mg (8.31%), Sodium: 221.05mg (9.61%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 7.19g (14.38%), Vitamin A: 4123.36IU (82.47%), Selenium: 14.3µg (20.43%), Phosphorus: 152.06mg (15.21%), Manganese: 0.3mg (14.89%), Vitamin B2: 0.23mg (13.28%), Vitamin B1: 0.17mg (11.59%), Folate: 44.03µg (11.01%), Calcium: 108.38mg (10.84%), Iron: 1.71mg (9.5%), Vitamin B5: 0.69mg (6.92%), Fiber: 1.49g (5.94%), Vitamin B3: 1.16mg (5.78%), Potassium: 196.44mg (5.61%), Magnesium: 20.98mg (5.24%), Copper: 0.1mg (5.06%), Zinc: 0.76mg (5.04%), Vitamin B12: 0.27µg (4.55%), Vitamin E: 0.68mg (4.53%), Vitamin K: 4.58µg (4.36%), Vitamin B6: 0.07mg (3.53%), Vitamin D: 0.32µg (2.16%), Vitamin C: 1.19mg (1.45%)