



Pumpkin Cheesecake Chocolate Cups

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 0.5 cup pumpkin puree canned
- ☐ 4 oz cream cheese ()
- ☐ 2 cups milk chocolate chips chopped (or up milk chocolate)
- ☐ 1 tsp pumpkin pie spice
- ☐ 0.3 cup sugar

Equipment

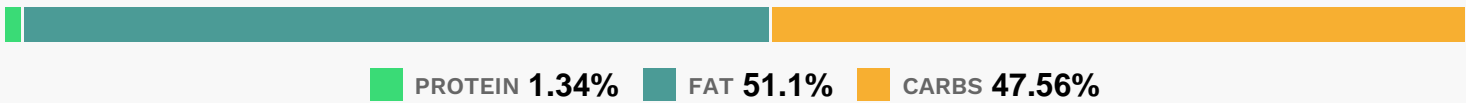
- ☐ food processor
- ☐ bowl

- ☐ blender
- ☐ microwave
- ☐ muffin tray

Directions

- ☐ Melt chocolate in a microwave safe bowl in microwave for about 1 minute 30 seconds. Take out and stir until chocolate is completely melted. If it is not completely melted and smooth, heat for an additional 15–30 seconds. You need to be careful not to overheat and burn the chocolate.
- ☐ Whip together pumpkin, cream cheese, spice and sugar in food processor or mixer until smooth.
- ☐ Line muffin pan with paper candy cups. Take a large spoon, and spoon some chocolate into the paper candy cup. Using the back of the spoon, spread the chocolate so that it coats the entire interior of the candy cup. Make sure the layer of chocolate is thick enough that it does not drip off and leave parts of the side uncovered. Repeat with remaining cups.
- ☐ Take another clean spoon and scoop out some pumpkin cheesecake into each of the cups. Press on it gently so that it fills and packs the bottom of each cup about halfway and is spread across the entire cup. Then taking the chocolate spoon, top chocolate on each cup, so that it completely covers the surface. Use back of spoon to help smooth out surface.
- ☐ Cool in fridge until chocolate is firm, for several hours or overnight. Store in fridge until ready to eat.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:2.5356521606445%

Nutrients (% of daily need)

Calories: 203.07kcal (10.15%), Fat: 11.88g (18.28%), Saturated Fat: 7.29g (45.57%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 24.57g (8.93%), Sugar: 22g (24.45%), Cholesterol: 9.54mg (3.18%), Sodium: 30.3mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin A: 1716IU (34.32%), Potassium: 120.24mg (3.44%), Calcium: 34.26mg (3.43%), Manganese: 0.04mg (1.94%), Vitamin K: 1.87µg (1.78%), Vitamin B2: 0.03mg (1.66%), Phosphorus: 13.85mg (1.39%), Vitamin E: 0.19mg (1.28%), Fiber: 0.32g (1.27%), Selenium: 0.89µg (1.27%),

Iron: 0.18mg (1.01%)