



# Pumpkin Cheesecake Crumble Squares

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



314 kcal

DESSERT

## Ingredients

- 1 cup flour
- 0.5 cup butter unsalted diced chilled (1 stick)
- 0.8 cup pumpkin puree pure canned
- 8 ounce cream cheese room temperature
- 1 large eggs
- 0.8 cup brown sugar packed ()
- 0.8 cup brown sugar packed ()
- 1.5 teaspoons ground cinnamon

- 1 teaspoon ground ginger
- 0.8 cup rolled oats
- 4 ounces pecans
- 0.5 teaspoon salt
- 1 cup cream sour
- 2 tablespoons sugar
- 0.3 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

## Directions

- Preheat oven to 350°F. Generously butter 9x9x2-inch metal baking pan. Line rimmed baking sheet with parchment. Using on/off turns, blend first 4 ingredients in processor until coarse meal forms.
- Add pecans; using on/off turns, process until nuts are chopped.
- Add oats; process using on/off turns until mixture is moistened but not clumping. Press 3 1/2 cups crumbs onto bottom of prepared square pan (do not clean processor).
- Transfer remaining crumbs to lined baking sheet.
- Bake crumbs on sheet until golden, stirring once, about 12 minutes. Cool crumbs.
- Bake crust until golden, about 30 minutes.
- Remove from oven while preparing filling. Maintain oven temperature.
- Blend all ingredients in same processor until smooth.
- Spread filling over warm crust; bake until set, dry in center, and beginning to rise at edges, about 20 minutes. Maintain oven temperature.
- Mix all ingredients in small bowl.

- Spread evenly over hot filling.
- Bake until topping sets and bubbles at edges, about 5 minutes. Cool completely in pan on rack.
- Sprinkle crumbs over topping; gently press into topping. Cover; chill until cold, about 2 hours. Do ahead Can be made 2 days ahead. Keep chilled.
- Cut into squares.

## Nutrition Facts



### Properties

Glycemic Index:14.19, Glycemic Load:6.48, Inflammation Score:-8, Nutrition Score:7.8299999340721%

### Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

### Nutrients (% of daily need)

Calories: 314.34kcal (15.72%), Fat: 19.19g (29.52%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 32.17g (11.7%), Sugar: 23.28g (25.86%), Cholesterol: 49.67mg (16.56%), Sodium: 133.66mg (5.81%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 3.81g (7.61%), Vitamin A: 2265.94IU (45.32%), Manganese: 0.62mg (30.98%), Selenium: 7.18µg (10.25%), Vitamin B1: 0.14mg (9.08%), Phosphorus: 82.81mg (8.28%), Vitamin B2: 0.13mg (7.88%), Copper: 0.14mg (7.16%), Fiber: 1.73g (6.9%), Iron: 1.13mg (6.29%), Calcium: 62.02mg (6.2%), Magnesium: 23.66mg (5.91%), Folate: 22.5µg (5.63%), Zinc: 0.71mg (4.75%), Potassium: 147.56mg (4.22%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.4mg (3.97%), Vitamin B3: 0.7mg (3.49%), Vitamin K: 3.26µg (3.11%), Vitamin B6: 0.06mg (2.87%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.17µg (1.13%)