



Pumpkin Cheesecake Crumble Squares

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



275 kcal

DESSERT

Ingredients

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

- ☐ 0.8 cup old-fashioned oats
- ☐ 4 ounces pecan halves
- ☐ 0.5 teaspoon salt
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

Equipment

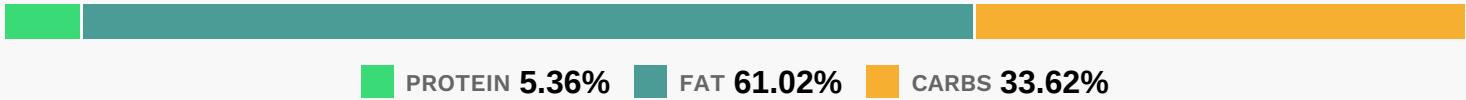
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

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:7.6939129725746%

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: 275.15kcal (13.76%), Fat: 19.19g (29.52%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 22.06g (8.02%), Sugar: 13.27g (14.75%), Cholesterol: 49.67mg (16.56%), Sodium: 130.77mg (5.69%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 3.79g (7.59%), Vitamin A: 2265.94IU (45.32%), Manganese: 0.61mg (30.65%), Selenium: 7.05µg (10.07%), Vitamin B1: 0.14mg (9.08%), Phosphorus: 82.4mg (8.24%), Vitamin B2: 0.13mg (7.88%), Copper: 0.14mg (6.91%), Fiber: 1.73g (6.9%), Iron: 1.06mg (5.89%), Magnesium: 22.73mg (5.68%), Folate: 22.4µg (5.6%), Calcium: 53.46mg (5.35%), Zinc: 0.71mg (4.73%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.38mg (3.84%), Potassium: 133.84mg (3.82%), Vitamin B3: 0.69mg (3.43%), Vitamin K: 3.26µg (3.11%), Vitamin B6: 0.05mg (2.66%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.17µg (1.13%)