

Pumpkin Cheesecake I

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 16 ounce cream cheese
- ☐ 2 eggs
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 16 inch pastry shells prepared
- ☐ 0.3 teaspoon salt

☐ 0.8 cup sugar white

Equipment

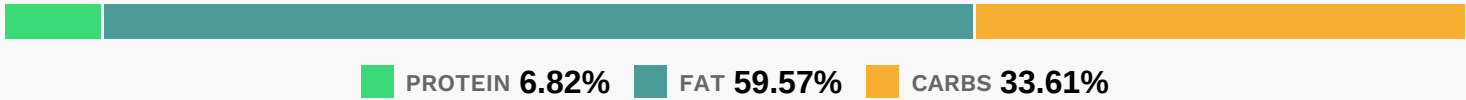
☐ oven

☐ knife

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat together the cream cheese and the sugar, add the pumpkin and the spices. Beat in eggs one at a time.
- ☐ Add salt. Beat until creamy.
- ☐ Pour the batter evenly into the two crusts.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 minutes or until the knife inserted in the center comes out clean.
- ☐ Let cool then top with whipped topping, if desired.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:10.14, Inflammation Score:-10, Nutrition Score:8.3400000281956%

Nutrients (% of daily need)

Calories: 222.85kcal (11.14%), Fat: 15.17g (23.33%), Saturated Fat: 8.27g (51.67%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 18.03g (6.56%), Sugar: 15.15g (16.83%), Cholesterol: 65.46mg (21.82%), Sodium: 187.94mg (8.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin A: 6063.05IU (121.26%), Selenium: 6.59µg (9.42%), Vitamin B2: 0.15mg (8.93%), Manganese: 0.14mg (7.14%), Phosphorus: 69.85mg (6.99%), Vitamin K: 7.1µg (6.76%), Vitamin E: 0.8mg (5.34%), Calcium: 52.82mg (5.28%), Fiber: 1.22g (4.87%), Vitamin B5: 0.47mg (4.71%), Iron: 0.79mg (4.4%), Potassium: 137.63mg (3.93%), Folate: 13.83µg (3.46%), Magnesium: 13.43mg (3.36%), Copper: 0.06mg (2.84%), Vitamin B6: 0.06mg (2.76%), Zinc: 0.37mg (2.48%), Vitamin B12: 0.15µg (2.47%), Vitamin B1: 0.03mg (2.27%), Vitamin C: 1.5mg (1.82%), Vitamin B3: 0.32mg (1.61%)