



## Pumpkin Cheesecake II



Vegetarian

READY IN

ready

65 min.

SERVINGS

servings

16

CALORIES

calories

268 kcal

DESSERT

## Ingredients

- ☐ 24 ounce cream cheese
- ☐ 6 eggs
- ☐ 18 inch graham cracker crusts prepared
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 cup pumpkin puree
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

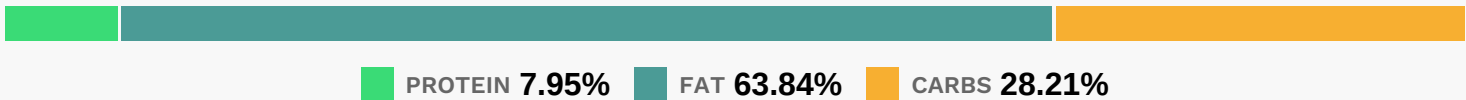
# Equipment

- ☐ bowl
- ☐ oven

# Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C.)
- ☐ In a large bowl, beat cream cheese and sugar until smooth. Blend in sour cream, vanilla and spice. Beat in eggs, one at a time. Blend in pumpkin puree until no streaks remain.
- ☐ Pour filling into 2 crusts.
- ☐ Bake in the preheated oven for 45 minutes, or until filling is set. Allow to cool, then refrigerate at least 4 hours before serving.

# Nutrition Facts



# Properties

Glycemic Index:10.69, Glycemic Load:10.9, Inflammation Score:-9, Nutrition Score:7.1182609330053%

# Nutrients (% of daily need)

Calories: 268.34kcal (13.42%), Fat: 19.4g (29.85%), Saturated Fat: 10.65g (66.56%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 18.69g (6.8%), Sugar: 15.85g (17.61%), Cholesterol: 112.81mg (37.6%), Sodium: 181.35mg (7.88%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 5.43g (10.87%), Vitamin A: 3133.82IU (62.68%), Selenium: 9.43µg (13.47%), Vitamin B2: 0.22mg (12.68%), Phosphorus: 100.68mg (10.07%), Calcium: 73.96mg (7.4%), Vitamin B5: 0.61mg (6.05%), Vitamin E: 0.76mg (5.09%), Manganese: 0.09mg (4.71%), Vitamin B12: 0.27µg (4.51%), Iron: 0.76mg (4.21%), Folate: 15.69µg (3.92%), Potassium: 136.58mg (3.9%), Zinc: 0.56mg (3.77%), Vitamin K: 3.71µg (3.54%), Vitamin B6: 0.07mg (3.54%), Magnesium: 12.99mg (3.25%), Fiber: 0.6g (2.39%), Vitamin D: 0.33µg (2.2%), Copper: 0.04mg (2.11%), Vitamin B1: 0.03mg (2%), Vitamin B3: 0.24mg (1.19%), Vitamin C: 0.86mg (1.04%)