



Pumpkin Cheesecake II

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



536 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup butter
- ☐ 0.8 cup pumpkin canned
- ☐ 1 tablespoon cornstarch
- ☐ 24 ounce cream cheese
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 3 egg yolks

- ☐ 0.8 cup graham cracker crumbs
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon mace
- ☐ 2 tablespoons heavy whipping cream
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.5 cup ground pecans
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.4 cup sugar white

Equipment

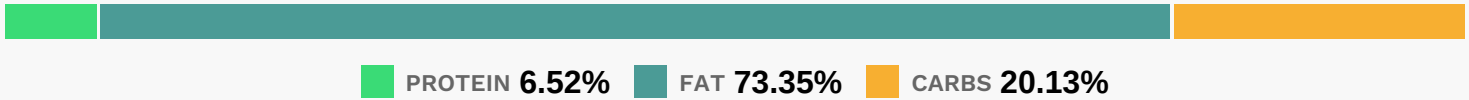
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine the graham cracker crumbs, ground pecans, 2 tablespoons white sugar, 2 tablespoons brown sugar, and the melted butter or margarine and mix well. Firmly press mixture into one 9 inch springform pan.
- ☐ Combine 3/4 cup of the white sugar, the pumpkin, 3 egg yolks, ground cinnamon, ground mace, ground ginger and salt in a medium bowl.
- ☐ Mix well, and set aside.
- ☐ Beat cream cheese with an electric mixer until light and fluffy; gradually add 1/4 cup plus 2 tablespoons white sugar and mix well.
- ☐ Add the whole egg, remaining egg yolk and the whipping cream, beating well.

- ☐ Add cornstarch and vanilla and lemon flavorings, beat batter until smooth.
- ☐ Add pumpkin mixture and mix well.
- ☐ Pour batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 to 55 minutes. Do not overbake. Center may be soft but it will firm up when chilled.
- ☐ Let cheesecake cool on a wire rack, then refrigerate.

Nutrition Facts



Properties

Glycemic Index:29.51, Glycemic Load:12.09, Inflammation Score:-10, Nutrition Score:13.003913013831%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 536.04kcal (26.8%), Fat: 44.66g (68.71%), Saturated Fat: 23.28g (145.47%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 25.79g (9.38%), Sugar: 18.51g (20.56%), Cholesterol: 223.05mg (74.35%), Sodium: 452.74mg (19.68%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 8.93g (17.87%), Vitamin A: 5114.32IU (102.29%), Manganese: 0.44mg (22.06%), Selenium: 14.76µg (21.08%), Vitamin B2: 0.32mg (18.82%), Phosphorus: 182.81mg (18.28%), Calcium: 124.78mg (12.48%), Vitamin E: 1.56mg (10.39%), Vitamin B5: 1.01mg (10.07%), Zinc: 1.21mg (8.05%), Folate: 31.65µg (7.91%), Iron: 1.35mg (7.48%), Vitamin B12: 0.43µg (7.16%), Fiber: 1.78g (7.12%), Magnesium: 27.61mg (6.9%), Vitamin B1: 0.1mg (6.9%), Copper: 0.14mg (6.78%), Potassium: 229.99mg (6.57%), Vitamin B6: 0.13mg (6.33%), Vitamin K: 6.49µg (6.18%), Vitamin D: 0.66µg (4.37%), Vitamin B3: 0.57mg (2.83%), Vitamin C: 1.1mg (1.33%)