



Pumpkin Cheesecake Minis with Gingersnap Crust

READY IN



40 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- 3 Tbsp butter melted
- 0.5 cup pumpkin canned
- 0.5 tsp cinnamon
- 8 oz philadelphia cream cheese softened
- 1 eggs
- 24 gingersnaps
- 12 servings crust
- 0.5 tsp pumpkin pie spice

- 0.3 tsp salt
- 0.5 cup sugar
- 0.5 tsp vanilla

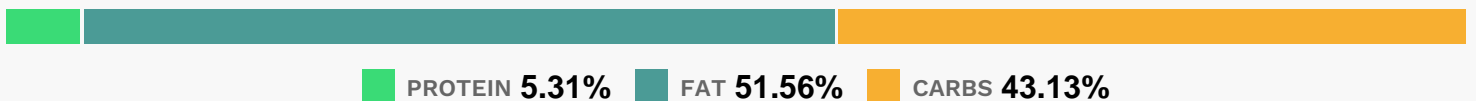
Equipment

- food processor
- frying pan
- oven
- hand mixer

Directions

- PREHEAT oven to 350F.
- GRIND gingersnap cookies to crumbs in a food processor.
- Add melted butter and pulse until mixed.
- LIGHTLY spray mini cheesecake pan with non stick cooking spray.
- PLACE approximately 1 tablespoon of gingersnap crust mixture into each of the 12 cheesecake cavities in pan. Press down with spoon or small glass.
- BEAT cream cheese, pumpkin, sugar, vanilla, salt and spices with electric mixer on medium speed until well blended.
- Add eggs and beat until just blended.
- SPOON cream cheese mixture into mini cheesecake pan on top of gingersnap crusts.
- Bake for 20-25 minutes until set.
- Remove from oven and let cool in pan for at least 30 minutes. Chill for at least two hours, or preferably overnight.
- Garnish with caramel, whipped cream, pecans or other toppings of your choice.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:6.1, Inflammation Score:-8, Nutrition Score:6.3600000168966%

Nutrients (% of daily need)

Calories: 288.77kcal (14.44%), Fat: 16.71g (25.7%), Saturated Fat: 7.85g (49.09%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.25g (11%), Sugar: 12.2g (13.55%), Cholesterol: 40.36mg (13.45%), Sodium: 301.1mg (13.09%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.87g (7.74%), Vitamin A: 1952.06IU (39.04%), Manganese: 0.36mg (18.05%), Iron: 1.7mg (9.47%), Vitamin B2: 0.15mg (8.59%), Folate: 31.83µg (7.96%), Selenium: 4.81µg (6.88%), Vitamin B1: 0.09mg (6.33%), Phosphorus: 58.99mg (5.9%), Vitamin B3: 1.09mg (5.45%), Fiber: 1.2g (4.81%), Vitamin E: 0.63mg (4.19%), Vitamin K: 4.24µg (4.04%), Calcium: 40.41mg (4.04%), Copper: 0.08mg (3.85%), Magnesium: 14.79mg (3.7%), Potassium: 122.31mg (3.49%), Vitamin B5: 0.35mg (3.48%), Vitamin B6: 0.05mg (2.37%), Zinc: 0.34mg (2.27%), Vitamin B12: 0.08µg (1.34%)