



Pumpkin Cheesecake Pie

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



337 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 3 eggs beaten
- ☐ 1 cup graham cracker crumbs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 cup ground pecans
- ☐ 0.5 teaspoon salt
- ☐ 15 ounce solid pack pumpkin puree canned
- ☐ 2 tablespoons sugar white

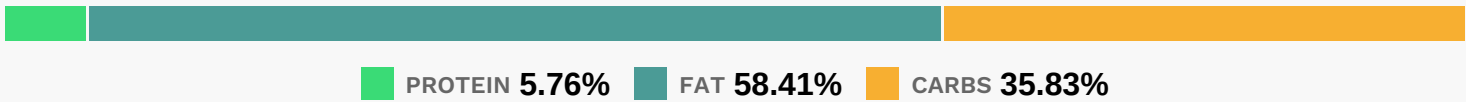
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To Make Crust: In a medium bowl combine graham cracker crumbs, ground pecans, white sugar, and 1/8 teaspoon ground ginger.
- ☐ Mix well, then pour in melted butter. Stir until butter is evenly distributed. Press mixture into a 9-inch pie plate. Set aside.
- ☐ To Make Filling: In a large mixing bowl combine cream cheese and brown sugar. Beat until smooth, then add eggs, pumpkin, and cream.
- ☐ Mix well. Stir in cinnamon, ginger, nutmeg, cloves, and salt.
- ☐ Pour mixture into pie shell.
- ☐ Bake in preheated oven for 35 to 40 minutes, until set in center. Chill before serving.
- ☐ Garnish with whipped cream and pecan halves if desired.

Nutrition Facts



Properties

Glycemic Index:30.61, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:10.797826113908%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg

Nutrients (% of daily need)

Calories: 336.85kcal (16.84%), Fat: 22.52g (34.64%), Saturated Fat: 11.17g (69.79%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 28.94g (10.52%), Sugar: 23.21g (25.79%), Cholesterol: 97.66mg (32.55%), Sodium: 308.25mg (13.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (9.99%), Vitamin A: 7314.19IU (146.28%), Manganese: 0.4mg (20.16%), Vitamin B2: 0.19mg (11.01%), Phosphorus: 105.34mg (10.53%), Selenium: 7.05µg (10.08%), Fiber: 2.14g (8.57%), Iron: 1.5mg (8.31%), Vitamin K: 8.41µg (8%), Calcium: 76.08mg (7.61%), Vitamin E: 1.1mg (7.36%), Magnesium: 27.34mg (6.84%), Copper: 0.13mg (6.61%), Vitamin B5: 0.6mg (6.04%), Potassium: 208.47mg (5.96%), Zinc: 0.79mg (5.28%), Vitamin B1: 0.08mg (5.04%), Folate: 19.19µg (4.8%), Vitamin B6: 0.09mg (4.5%), Vitamin B12: 0.2µg (3.27%), Vitamin D: 0.45µg (3.03%), Vitamin B3: 0.6mg (3.02%), Vitamin C: 1.92mg (2.33%)